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A
Joyful Easter
to all
our Readers

Lisbon voted best European destination

The Portuguese capital has been voted the Europe's best holiday destination for 2010 by an independent consumer group based in Brussels. (See Page 2)

Road deaths climb again

With thousands of travellers taking to Portuguese roads this Easter weekend, latest available statistics show that the number of road deaths reported on national roads have climbed considerably this year after registering the least amount of fatalities on record last year. (See Page 5)

Crime figures contested

The rights Christian Democrats have given a different interpretation to the crime statistics released last week by the Government, arguing that crime did not drop in 2009, insisting that serious crime actually increased compared to 2008 – the worst year on record in Portugal. (See Page 6)

Loulé Airport viability on the table

National airport management company ANA has submitted a viability study for an aerodrome in Loulé which will act as an alternative to Faro Airport. (See Page 8)

More than one in five suffer psychiatric problems

A first study into the state of Portugal's mental health has revealed that one in five citizens suffers from some form of psychiatric problem, a higher incidence than any of the other six EU countries that participated in the project. (See Page 55)

Weekend weather

Lisbon: The skies over the capital will be partly cloudy over the next five days. No rain is forecast and thermometers are expected to hit the 20° mark. **Faro:** The Easter weekend will start with blue skies before becoming cloudier on Sunday. No rain is forecast and beaches are expected to fill up this weekend. **Oporto:** The North will record some rain on Friday, but this should be replaced by cloud cover for much of the weekend, though maximum temperatures are forecast to move past the 20°-mark next week.

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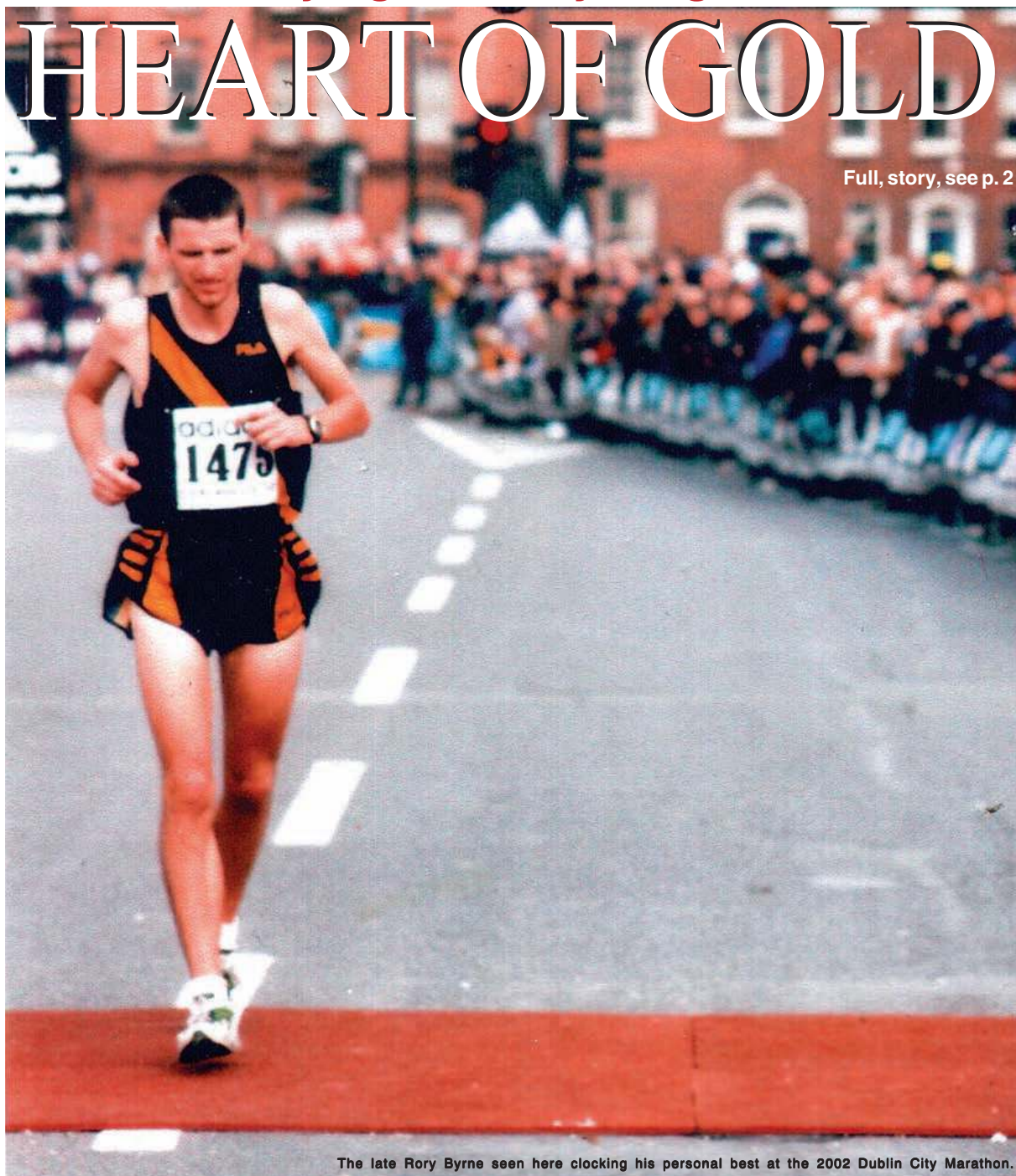
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How a Portuguese Olympic Gold Medallist realised the dying wish of young Irish runner



Full, story, see p. 2

The late Rory Byrne seen here clocking his personal best at the 2002 Dublin City Marathon.

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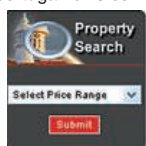
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Heart of Gold



Known as "The Great Man", Portuguese Gold Medallist at the 1984 Olympic Marathon Carlos Lopes, has inspired millions the world over through his attitude to never give up. Back in 1984, a ten-year old boy was so taken by the heroics of Carlos Lopes that he became a supporter of the runner until his recent premature death.

Rory Byrne woke up in the early hours of one summer's morning 26 years ago to watch Ireland's John Treacy compete in the Olympic Marathon in 1984.

But the Irish runner was beaten into second by Portugal Carlos Lopes in one of the greatest Olympic marathons and Rory from then onwards became a huge fan of the sport and the Portuguese runner. In 2002, Rory Byrne ran a very competitive time of 2:28 at the Dublin City Marathon.

Three years later, he developed a brain tumour and was treated as an outpatient at the London Bridge Hospital until the autumn of 2009.

It was then that specialists realised that chemotherapy was no longer working for him and told him no further treatment was available to him.

Speaking to *The Portugal News*, Rory's father, Seamus Byrne, recalls how his son had "Completely lost his sight and was virtually paralysed".

But just as his hero Carlos Lopes, who left to compete in the Olympics a day after sustaining injuries in Lisbon after being run over, "Rory never lost hope of making a full recovery and remained positive throughout his ordeal".

Less than a year before he died, he had his best athletic performance of 66 minutes for a half marathon.

Up to June 2009 he was training for the Dublin City Marathon in October, and was expecting a personal best time.

According to his father, Rory was a brilliant mathematician and had a very successful career in banking in London.

During the time he was ill, his former boss Mr. Anti Illman, would visit him on a weekly basis.

They spoke regularly about athletics and in particular about his hero Carlos Lopes. His passion for the sport was further highlighted by the fact that many of the passwords he handed over to his boss on his deathbed contained the words "Carlos Lopes" and "1984".

Anti Illman, was so touched by his employee's courage and ado-



An archive photo of Carlos Lopes dated 3rd August 1984 when he won the marathon at the Los Angeles Olympic Games in 1984. (Photo: Lusa / Luis Vasconcelos)

ration of Carlos Lopes, he decided to contact a Portuguese colleague, António Caçorino, to request a letter from Carlos wishing Rory well, knowing it would mean the world to Rory.

But when Carlos Lopes was asked to sign a letter, he refused, instead insisting on flying to London as soon as possible to visit Rory at his home.

"On Tuesday 15th December he visited the house at 2.30 p.m. and stayed with Rory until 4pm", his tearful father recalls.

"He presented him with a Carlos Lopes Foundation Medallion and two framed autographed photographs. Both men spoke about athletics through an interpreter for the duration of the visit."

Prior to Carlos Lopes flying

over to London, Rory had not spoken with anyone for almost a week.

At the time, Carlos Lopes declined the offer of publicity, but Rory's parents have since decided to make the story public.

"We feel we need to tell the world about what Carlos Lopes did for our son", explained Seamus Byrne.

Just five days after Carlos Lopes' visit, at the age of 35, Rory died.

"On behalf of his wife Brenda, his son Cianan, extended family and many friends we would like to acknowledge the great generosity of such a fine athlete. His visit to Rory will never be forgotten. We would also like to thank all those who made it happen", Mr Byrne said.

Lisbon voted best European destination

The Portuguese capital has been voted the Europe's best holiday destination for 2010 by an independent consumer group based in Brussels.

According to a survey conducted by the European Consumers Organisation, the Portuguese capital is the place to visit this year. European consumers interviewed by the organisation said Lisbon was top of their wish-list, and beat off competition from destinations such as Barcelona, London, Copenhagen, Bilbao, Lyon, Amsterdam, Berlin, Prague and Helsinki, which to-

gether, and in that order, formed this year's top ten.

This announcement follows the recent string of international tourism awards won by Lisbon.

The most recent World Travel Awards selected the Portuguese capital as a winner in three categories, and was chosen as Europe's best destination, best city break destination and also best cruise destination.

Earlier this year, Lisbon also collected the award for World's Best Hostel for 2nd year running.

The Portuguese capital proved yet again to be the jewel

in the crown for budget-conscious travellers across the world when it claimed five of the top ten spots in an award ceremony held in Dublin in January.

Last year, The New York Times recommended Lisbon as being the second "most interesting place on the planet to visit" behind Laos in December 2007.

Lonely Planet, describing the Portuguese capital as a "seductive mermaid", ranked the city as one of ten cities to visit, while Yahoo Travel placed Lisbon as third in its top ten of cities to visit last year.

News in brief

Budget deficit revised upwards to 9.4%

Portugal's National Statistics Institute (INE) has announced an upward revision of last year's budget deficit from 9.3 to 9.4 percent, days after MPs approved a Socialist government austerity plan aimed at bringing a spiralling fiscal shortfall down to 2.8 by 2013. The INE also raised Portugal's 2008 GDP deficit from 2.6 percent to 2.8 percent.

A further 70 soldiers off to Afghanistan

A 70-strong army unit departed Lisbon on Monday for Afghanistan to expand the Portuguese contingent deployed to with NATO's Quick Reaction Forces providing security in Kabul. An army spokesman told Lusa News Agency the 162-member "combat unit" was prepared for "security patrols, support of Government events, vigilance and reconnaissance in urban areas".

SA admiral to get knighthood

South African Navy Admiral Jacobus Everhardus Louw was awarded Portugal's top civil honour on Wednesday for his contribution towards closer ties between the two countries and peoples. Admiral Louw, who lived in Portugal in the early 1930s, is commander of the Simons Town Navy base near Cape Town. He will receive the Order of Prince Henry the Navigator from Portugal's Ambassador to South Africa, João Ramos Pinto.

EU extends Erasmus to Macao

The European Union will shortly extend its Erasmus undergraduate exchange scheme to Macao and nearby Hong Kong, an official has said. The Macao and Hong Kong Special Administrative Regions play an important role in the implementation of the "one country two systems" principle, which is "very relevant" to the EU, said Brussels' top representative in the former Portuguese controlled territory, Michalis Rokas.

Brazil looks to boost Portuguese language

Brazil plans to create a culture institute and increase the number of embassy-linked cultural centres abroad as a means of supporting and promoting the use of the Portuguese language internationally, according to Brasília's Deputy Foreign Minister, António Patriota.

Portugal's Euro 2012 draw

The Portuguese national football team will kick-off its qualifying campaign for Euro 2012, which will be hosted jointly by Poland and the Ukraine, against Cyprus later this year on September 3. The final match will take place in 2011 against Denmark on October 11 in Copenhagen. The other two teams in Portugal's qualifying group are Norway and Iceland.

Luso-American in American Idol finals

A Portuguese-American has made it to the final ten of American Idol. Katie Stevens is only 17 and has a Portuguese mother and American father.



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Passos Coelho elected new opposition chief



PSD candidate Pedro Passos Coelho making a speech during a meeting in Paços de Ferreira on March 25th. (Photo: Lusa / Pedro Ferrari)

The main opposition Social Democrats have elected Pedro Passos Coelho, a former head of the party's youth wing, as their new leader, the fifth since losing control of Portugal's Government in 2005.

Passos Coelho, a 45-year-old business consultant and former MP, gained more than 60 percent of ballots cast by party members in a landslide election victory last Friday, leaving three other contenders for the post far behind.

He won all the national 21 districts with the exception of Madeira, where his closest rival, MEP Paulo Rangel triumphed by a large margin.

Rangel last summer had led the PSD to victory during the European elections and was initially considered as favourite to become the party's next leader.

But instead, Passos Coelho stormed to a clear victory and was handed the mandate to oppose the ruling-Socialists and possibly become the next Prime Minister when elections are held in

little under four years from now. "My first concern is to unite the party - and I'm convinced that these unequivocal results" will permit unity, Passos Coelho said in a victory speech.

More than half of the Social Democratic Party's (PSD) nearly 80,000 card-carrying members voted in the poll to replace Manuela Ferreira Leite, the first woman to head the party that has alternated with the Socialists in leading Portugal since the democracy-restoring revolution in 1974.

An economist, like her successor, Ferreira Leite announced she would step down as party leader after two years following the PSD's loss in legislative polls last year.

Passos Coelho has vowed stronger opposition to Prime Minister José Sócrates' minority Socialist administration's four-year austerity programme and has also announced he will be looking to create a shadow cabinet similar to what the practice is in England. *TPN/Lusa*

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NEWS IN BRIEF

S&P maintains negative debt rating

Standard and Poor's has said it is keeping A+ long-term and A-short-term sovereign credit ratings on Portugal following presentation of a Government plan to prune deficit to below three percent by 2013. "The Portugal ratings continue to benefit from the demonstrated willingness and ability of the Government to implement fiscal consolidation measures," said S&P analyst Kai Stukenbrock. Portugal's outlook remains negative, however, due to the heightened possibility of a downgrade if deficit and debt surpass the ratings agency's expectations and the consolidation plan flops. Fitch dropped its long-term debt rating on Portugal earlier this week from AA to AA- to reflect last year's budget shortfall of 9.3% of GDP.

Nurses strike over pay for second time this year

Portuguese nurses launched a three-day strike on Monday for the second time this year to press their starting-salary demands. A leader of the nurses union SEP, Guadalupe Simões, told Lusa "minimum services" were assured at hospitals and clinics during the nationwide action. The Health Ministry lamented a strike had been called while negotiations with the Government over starting pay were still underway. SEP last staged a three-day country-wide strike last January. The public sector has been hit hard this year by strike actions protesting the Socialists administration's austerity policies. The nurses complain of "discrimination", saying their starting pay of €1,020 falls short of the €1,200 offered other professionals with university-level diplomas.

No Portuguese among Moscow subway bombing victim

No Portuguese nationals were among the 37 killed and dozens injured in two suicide bombings in Moscow's underground, Lisbon's Ambassador to Russia said on Monday. "The good news amid this tragedy is that so far no Portuguese appear to have been affected by this tragic event", Ambassador Pedro Nuno Bartolo told Lusa. An official at the State Secretariat for Communities in Lisbon also said there was no early word of Portuguese casualties in the two morning rush-hour Moscow bombings. Russian authorities said the suicide attacks appeared to have been carried out by two women from the North Caucasus region where conflict-ridden, mostly Muslim, Chechnya is located.

Portugal's Constâncio named ECB vice-president

European Union leaders last Friday formally confirmed Bank of Portugal Governor Vítor Constâncio as vice-president of the European Central Bank. The European Council decision came one day after the European Parliament gave its blessing to Constâncio's appointment. A former leader of Portugal's Socialist party, Constâncio was nominated for the ECB post by Eurozone finance ministers on February 16. He will take up his eight-year post on June 1.

Guimarães upbeat on 2012 European Culture Capital event

The northern city of Guimarães, dubbed the "cradle" of Portuguese independence, is advancing well in preparations to serve as the European Capital of Culture in 2012, a senior organiser said. Catarina Azevedo, of the Guimarães City Foundation, told the Lusa News Agency preparations were "running well" and that a first programme of cultural events would be presented to Brussels in June. Guimarães, where Portugal emerged as an independent nation in the 12th century, will jointly host the European Union's major cultural event in 2012 with the Slovene city of Maribor.

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Road deaths climb again after hitting all-time low in 2009

With thousands of travellers taking to Portuguese roads this Easter weekend, latest available statistics show that the number of road deaths reported on national roads have climbed considerably this year after registering the least amount of fatalities on record last year.

The Authority for National Road Safety (ANSR) has revealed that road deaths rose by 12.8 percent between January 1 and March 21 compared with the same period in 2009.

During this period, a total of 158 people lost their lives on Portuguese roads, up from the

140 fatalities recorded over the same period last year.

Portuguese authorities, in accordance with what is customary across Europe, have undertaken to include deaths which occur up to 30 days after a traffic accident.

However, these latest statistics have not taken into consideration deaths that occurred in the ensuing month.

These latest figures will come as a serious blow to the authorities which have spent the best part of the last two decades making the reduction of road deaths a national priority.

The strong increase in fatalities

in 2010 will almost certainly result in a renewed drive by the Government to boost road safety awareness and an increase in traffic policing to clampdown on offending motorists.

Once seen as the most dangerous place in Europe to drive, Portugal has over the years climbed steadily to a position where it is now in the top half of countries on the continent which boast the safest roads.

Back in 1998, Portugal reported 1,865 fatalities on its roads. By last year, this figure had plummeted to 738, down by five percent on the previous year, national traffic security agency ANSR said at the beginning of the year.

At the turn of the millennium, a plan was drawn up to reduce the number of fatalities on national roads, with the Government accused of being too optimistic in setting a target of 874 victims for 2009. In the end, this target was comprehensively beaten.

Furthermore, in the space of just four years, Portugal managed to slash fatalities from three a day in 2005 to two a day in 2009, translating into a 33 percent drop.



People look at some of the vehicles involved in accidents which were being shown to the public in a campaign entitled 'Crash' to alert the population to the consequences of road accidents. (Photo: Lusa / Mário Cruz)

Euromillions ex-sweethearts face small fortune in legal bills

In an ironic twist to this story, a couple of young sweethearts who split after disputing a winning Euromillions ticket and took their fight to court, could face spending hundreds of thousands of euros on their legal fees.

Just last week the young couple, who split days after scooping a €15 million Euromillions prize, were told by a Barcelos Judge to try and settle their differences outside the courtroom so the case could either continue successfully or be closed. The warning was issued after the couple failed to reach a compromise despite sitting through four hearings.

Now they have been told their legal fees could reach hundreds of thousands of euros, anything between €150,000 and €500,000, to be distributed between the two according to the Judges decision on who is responsible for the delay.

Cristina, one half of the pair, has already been ordered to pay €150,000 in fees for a procedure instigated against, but won by her ex, Luís.

The case was back in Court this week after the couple failed to reach an amicable agreement outside the court, aggravated by the fact that Cristina offered €500,000 to Luís, wanting €14.5 million for herself.

Luís initially suggested and was willing to split the win down the middle, taking €7.5 million each.

At the root of the battle is the fact that while Luís placed the six-euro bet, Cristina came up

with the winning numbers; Luís put in €4 while Cristina paid €2.

They won the money in 2007 while still dating, though split soon after their win as they could not agree on who the ticket belonged to.

It was Luís, then a student, now 22, who placed the bet and registered the ticket, though it was ex-girlfriend Cristina who suggested an "investment" of an extra €2 and allegedly provided the winning numbers.

The fight over the money started when Luís asked for more than half of the total (€7.5 million) to help his parents and siblings. Cristina's father denied his request, claiming that only after they married could he have access to the cash.

The squabble over who the money rightfully belongs to has taken its toll and driven the couple apart, taking their case to Court. An agreement has not been reached since, despite Luís's offer of splitting the money equally.

Because of this the money has been frozen in an account under court order and both parties continue to live in the locality of Barcelos. No deadline has been stipulated by which the couple must reach an agreement. Another hearing has been scheduled for April 22nd.

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Opposition contests official crime figures



CDS/PP MP Nuno Magalhães during a debate on the state budget in Parliament on March 11th. (Photo: Lusa / Miguel A. Lopes)

Iberian police cooperation squad aids fight against terrorism

The recent creation of a cross-border police liaison group of Portuguese and Spanish police has been of immense assistance in the combat against terrorism and other serious crime, Portugal's intelligence chief said.

Júlio Pereira, secretary general of SIRP, the coordinating structure for Portugal's intelligence services, was speaking to reporters in Lisbon a day after the new Iberian police squad met for the

first time in the city. "Cooperation is absolutely essential for prevention and repression of any type of crime, particularly organised crime and terrorism (...)." The new police body is coordinated by Portugal's SIS, reporting to SIRP, and Spain's Government and was formed under a bilateral security pact inked between the two Governments.

TPN/Lusa



The rights Christian Democrats (CDS-PP) have this week given a different interpretation of the crime statistics released last week by the Government, arguing that crime did not drop in 2009, insisting that serious crimes actually increased compared to 2008 – the worst year on record in Portugal.

The Government's announcement that the number of crimes perpetrated in Portugal during the course of 2009 had fallen by 1.2 percent (see last week's edition of *The Portugal News*) was this week met with further incredulity.

"Factually, the latest crime figures shows that crime has stabilized, but it hasn't been falling, as the Government has suggested", CDS-PP MP Nuno Magalhães charged.

"If we take into consideration the years 2008 and 2009, we can conclude that there has been an increase in reported crimes of 5.8 percent, while serious and violent crimes have risen by 10.2 percent. What's worse, is that the serious and violent crimes which most increased last year are those deemed especially serious and which cause greater social alarm, such as kidnapping, hostage-taking and rape", added the MP.

He also called on the Government not to repeat the mistake it made back in 2007, when an "overly optimistic reading of crime figures", resulted in no additional police reinforcements for

the following year which turned out to be the year with the highest number of reported crimes in Portugal.

Last week, Minister of Home Affairs Rui Pereira released the 2009 Annual Internal Security Report (RASI), in which it was revealed that crimes had fallen last year in relation to 2008.

Police forces, while recognising the progress made in the fight against crime last year in relation to 2008, at the time called for independent scrutiny of these figures. They, much along the lines of the position assumed by the CDS-PP, are insisting the Government not be let of the hook and that police forces remain in urgent need of reinforcements, despite a boost in manpower last year.

Police union leader José Manageiro last week also admitted that the feeling of people "is different" to what is revealed by these latest figures and that the correct assessment of the annual crime report is "Essential so that we don't end up pulling the wool over our own eyes".

State-Secretary for Internal Security, Mário Mendes also

conceded that certain types of violent crimes did report an increase in 2009, with domestic violence recording a "huge surge" last year.

He further said that a disconcerting trait of criminals where the violence applied is "increasingly disproportional to the crime being committed".

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01 Apr, 10am Maundy Thursday - Commemoration of the Last Supper
02 Apr, 11am Good Friday - Stations of the Cross, and music with children and choir
04 Apr, 8am & 12noon, Easter Day - He is risen, Alleluia!

Igreja da Nossa Senhora de Fatima, on the EN125 near Almancil
28 Mar, 9.30am Palm Sunday
04 Apr, 9.30am Easter Day - He is risen, Alleluia!

St. Luke's Church, Gorjões, near Sta. Barbara de Nexe
28 Mar, 11.15am Palm Sunday
01 Apr, 7.30pm Maundy Thursday - Commemoration of the Last Supper
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Almancil hold-ups cause unease amongst locals

A number of armed hold-ups carried out around the Almancil area are leaving business-owners fearing for the safety of their establishments and their employees, as well as causing unease amongst the general population; victims and locals highlight a lack of policing in that area, while police say crime has actually fallen.

A few weeks ago the manager-ess of a popular sports bar and internet café in Almancil was held at gun point during a blatant late-night raid.

Hannah Aldworth Toth, who has lived in Almancil for 16 years, had been working the late shift at the Ca@sa Internet Café when at around 23h00, as she was closing the establishment, a group of masked youths walked in. Using the threat of a gun they demanded she hand over the day's takings.

Speaking to **The Portugal News**, Hannah said, "It was like a movie, you never expect these things to happen to you".

"It has changed my opinion a lot [regarding safety in the Algarve]; it has made me very wary, a lot more wary than I was".

She added, "I have a feeling the people who did this knew me. They we're definitely foreign, possibly Brazilian".

Despite this, Hannah has vowed she will not be changing her job nor does she feel the need to leave Portugal because of the incident. Prior to the hold-up she had already been the victim of various crimes, including having her house burgled, being followed, attacked, and having her handbag stolen.

Hannah also told **The Portugal News** she knew of "at least

two other similar incidents involving other people, one of which was a serious gun-point attack". Yet she reasoned, "You get crime everywhere and I don't think there is more crime in the Algarve than anywhere else; I just think that, as it is such a small community, we hear more of it".

She concluded "I want to urge everyone with small businesses to be aware; I believe there will be more attacks".

Hannah's colleague Paul, who has lived in the Algarve for five years, confided that since the attack he feels "edgy" about working night shifts, but also vouched he would not be changing his job nor moving on elsewhere. He too recounted another incident involving his neighbour, who had been "sitting with a friend at a little road-side café on the road to Vila Sol (Almancil/Quarteira)", when a car pulled up along side.

"Armed men got out of the car, went up to my neighbour's table, demanded wallets and mobile phones, got back in the car and drove off just like that".

Ca@sa co-proprietor Frank Maroti, who has lived in Portugal for six years, said that he knew of a "couple of other bars" that had been targeted, and highlighted the apparent absence of policemen patrolling the streets after dusk.

Lack of police presence seems to be a common concern amongst victims and residents in Almancil. Frank voiced the general opinion by saying "We wouldn't mind a bit more police presence, we only ever see the odd one: generally when they're handing out parking tickets".

In recent months a paper shop directly across from the Ca@sa bar was also attacked.

Employee Patricia Rodrigues, 22, indicated that "over past weeks it seems that at least two shops in the area are being robbed every night".

In her opinion an increased police presence "would not make a difference".

Asked whether she felt threatened during daylight hours, Patricia answered "there are always two people working here, so it's not too bad, but these people normally come for money so, for example on days when we have more takings because of games like Euromillions, I feel a bit more worried".

In a related incident, Patricia's mother was mugged while driving her car from Almancil to Loulé. While driving home one night Mrs. Guerreiro took a flagged alternative route from the main road because of road works. As she was making her way on the dark slip-road a car pulled out in front of her, blocking her way. Armed men jumped out and approached her car, mugging Mrs. Guerreiro at gun point while she was still inside her vehicle.

At the end of January this year, **Minister of Internal Affairs** Rui Pereira declared he would "do everything to guarantee the safety of Algarve residents, foreign and national", responding to criticism about the growing sense of insecurity throughout the region following an increasing spate of violent crimes, which until recently were mainly carried out on properties. Violent crime target-



An Almancil street where at least two establishments have been targeted by assailants in recent weeks. (Photo: The Portugal News/Carrie-Marie Bratley)

ing properties, mainly isolated luxury villas, has been particularly rife within the 'Golden Triangle'.

In January the Minister held a lunch with the Mayors of the Algarve's 16 municipalities as well as Faro Civil Governor Isilda Gomes, to discuss the issue.

Questioned about the growing number of armed hold-ups in Almancil and the alleged lack of policing, Major Vitor Calado, official Public Relations for the GNR/Faro Territorial Command, replied in an email to **The Portugal News**, "General crime in Almancil decreased by 16.4 percent by the end of February this year, in comparison to the same

period of 2009.

"In 2009 there were 164 crimes [reported during that period] and in 2010, by the end of February, 137 [incidents were reported]".

He revealed that property crimes had also fallen by 36.2 percent, with 95 incidents being reported so far this year.

"Crimes do not happen just because of lack of policing. The GNR regularly carries out vigilance in the area, particularly in areas that are more densely populated, but also in residential areas and urbanized areas that are less dense in population", he explained.

According to Major Calado, the GNR's 'Secure Residence' op-

eration, which has been ongoing since November 2009, has had "very positive effects", since "as of that date no violent crimes have been reported on isolated residences".

He urged Almancil residents to always inform the GNR of strange goings in the area, and to not leave their homes without first checking that all windows and doors are properly closed.

He also stressed that, when walking in public, people should keep to the inside of the pavement, avoiding being near the road, and carry purses and handbags on the side away from the road.

"People should avoid dark, isolated places", he concluded.

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Beja Airport to start flights in "March 2011"



As of next March the new Beja Airport could see charter flights landing and taking off from its runway, according to national airport management company ANA – Airports of Portugal, yet no further news has been released about the operating of low-cost or scheduled flights.

According to an ANA spokesperson, charter flights should be operating from Beja within the next 12 months, while the installation of aeronautical

industries will take place as soon as ANA signs the contracts.

"We are making a really big effort to ensure operations are viable", said ANA strategy and airport marketing director Leonel Horta Ribeiro, regarding charter flights next summer, which ac-

cording to the International Air Transport Association extends from "March until October".

Speaking to Lusa New Agency following a meeting to discuss Beja Airport's tourist development, part of the 1st Congress for Alentejo Tourism, Mr. Ribeiro

described the objective as "an ambition that while not impossible, is not easy".

He stressed that the company would "give their all" to have charter flights operating from the airport next summer, "as of March 2011, even if it is only once a week".

ANA believes it is achievable, and "has all the conditions necessary", as well as having "contacted operators" to commence charter flights.

No further progress can be made as the Government has yet to officially 'sign over' the airport to ANA.

"At this moment ANA cannot sign any contracts as Beja Airport has not been transferred [by the Government] to its concession", Leonel Horta Ribeiro explained.

Beja Airport is looking to invest in offering aircraft 'parking', for planes that do not have a regular service and need maintenance, as well as cargo and passenger operations.

He urged "We must start bringing life to the airport, to the passenger and cargo terminals", which have a capacity of 50,000 tons per year.

Reportedly, three companies, White Airways, MESA - Maintenance, Engineering and Aircraft

Services, and EuroAtlantic Airways have already shown interest in signing an agreement with Beja Airport and are ready to move into the new infrastructure "as soon as possible".

José Miguel Costa, President

of White Airways, revealed that the company already has a project in the pipeline for 2010, to build a maintenance hangar at the airport that would cost an estimated €5.5 million, and would create 55 jobs.

Transavia launches first Oporto-Funchal domestic route

French low-cost airline Transavia initiated, last Sunday, Portugal's first domestic flight between Oporto and Funchal, Madeira, with four flights a week and prices starting from €40 one-way, including taxes.

In a press conference at Oporto's Sá Carneiro Airport, Transavia Administration President Lionel Guérin confirmed that the four weekly flights would depart on Mondays, Wednesdays, Fridays and

Sundays.

Operating in Portugal since May 2007, when it inaugurated its Oporto-Paris route, Transavia.com has also recently introduced a Nantes-Oporto route, from €50 one-way, which after the airline's Paris flight is considered to be one of the most competitive.

The French low-cost airline has already transported "more than half a million passengers" on the 3,900 flights it already operates between Oporto and Paris, and which

have an average occupation rate of 78 percent.

Transavia.com has said it is "satisfied" with its results and reiterated its interest in the national market by introducing other new routes to Portugal, including Paris-Funchal flights and a Nantes-Funchal connection.

Transavia was created by the Air France, KLM and Transavia.com Holland coalition. Between 2008 and 2009 it carried a global total of 1.5 million passengers.

Loulé Airport viability discussed by Town Hall

National airport management company ANA has submitted a viability study for an aerodrome in Loulé which will act as an alternative to Faro Airport.

With a proposed location next to the CIMPOR factory it will cater for general aviation, giving priority to light aircraft and private mini-jets.

The viability study suggests that the infrastructure could receive up to 15 percent of Faro Airport's traffic, corresponding to around 6,450 flights a year, mainly executive aviation.

Loulé Mayor Seruca Emídio said he believed the viability study was an "essential document", and described it as "the fruit of labour that was carried out some time ago".

He also described the project as being of "prime importance"

in terms of strategy, for the development of the municipality and of the Algarve".

ANA *Aeroporos de Portugal* has described the project as "modern" and "up-to-date with regulations", satisfying all characteristics necessary for receiving executive air travel.

Seruca Emídio has highlighted the need to find "credible partners" with whom to carry out the construction of the municipal aerodrome, and said the partnership with ANA would be "fundamental to the progress of the project", particularly to "reduce costs and rationalise resources".

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Ryanair pledges to bring millions of passengers to Portugal following inauguration of Faro base

Irish low-cost airline Ryanair has inaugurated its second base in Portugal, at Faro Airport. The carrier's most recent hub inauguration, which took place last Thursday and fell on the same day as the launch of another new base in Leeds, UK, and is its 39th base worldwide, representing a regional investment in excess of \$500 billion.

Speaking at the launch, which was attended by hundreds of dignitaries, press and locally-recruited Ryanair staff, Eddie Wilson, head of the airline's Human Resources said, "throughout this recession we've been able to grow; we're expanding, and today we are here to launch 30 routes from this airport".

Ryanair's investment and subsequent 'residence' at Faro Airport comes after years of tough negotiations, but, as Mr. Wilson explained, the company is now "very happy with the relationship we have here".

"Faro has really stepped up to the plate", Eddie Wilson continued, "we are constantly negotiating with hundreds of airports but Faro was ready and willing to do business with us".

"If you'd have told people two or three years ago that we would have two bases in Portugal they would have said we're crazy", he quipped, highlighting the airline's rapid growth within Portugal, specifically in the Algarve where it started "many years ago as a small charter service that transported around 200,000 passengers".

"This year we expect to bring

three and a half million passengers into Portugal", he declared, vouching "we believe we can bring tourists here; working with our partners and the government we can bring in the passenger numbers".

This year, Ryanair predicts it will carry 1.7 million passengers to the Algarve. As of last week Faro Airport will be 'home' to a fleet of seven brand new aircraft, one of which will regularly stay over-night. Locally, the deal sustains some 1,700 jobs and will see around €1.83 million being directly channelled into the local economy.

Seventeen or 18 new routes are to be gradually introduced alongside the 13 existing routes to and from Faro Airport, bringing the grand total of destinations to over 30. Ryanair operates an overall total of 53 routes in Portugal and last year carried 60 million passengers worldwide; double the amount transported by British Airways. In 2010 Ryanair predicts it will carry 73 million passengers.

Heitor da Fonseca, administrator of national airport management company ANA - Airports of Portugal, termed the launch of



Things were looking up for Ryanair last week as the airline inaugurated its latest hub at Faro Airport. Pictured here, from left to right, are: Ryanair Sales and Marketing Manager for Southern Europe, Luis Fernandez; Bernardo Trindade, State Secretary for Tourism; Heitor de Fonseca, ANA administrator; Eddie Wilson, chief Ryanair representative, and Ryanair head of Communications, Daniel de Carvalho.

Ryanair's second Portuguese base as "a decisive contribution to regional variety and diversity, as Faro Airport officially became the national airport with most low-cost routes on offer".

He guaranteed "we will do everything to ensure this partnership is a success".

State Secretary for Tourism Bernardo Trindade classified the launch of the Algarve base as

"Faro's moment for 2010; a very important moment".

He went on to explain how the Government and regional entities are now working towards converting passenger figures into oc-

cupancy rates, as only "25 percent of these passengers go on to tourist resorts and accommodation".

He vowed, "We need to increase that number and we are working towards doing so".

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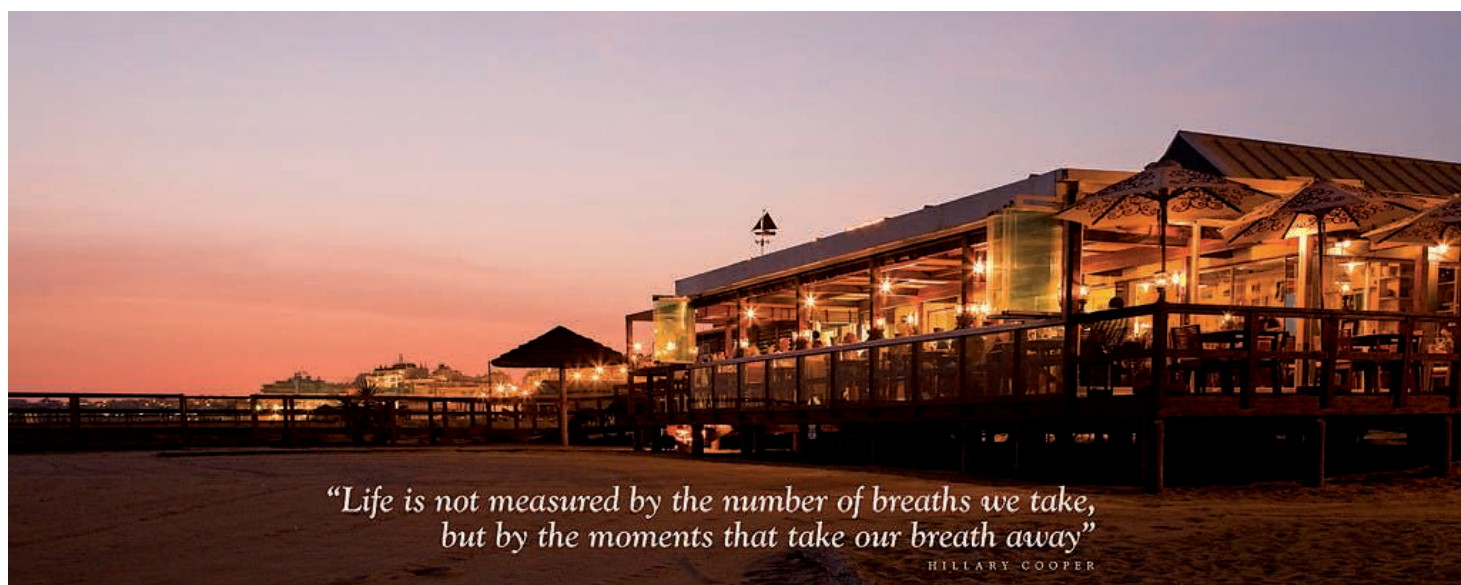
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Lisbon not eyeing funds from EU's Greece bailout mechanism, says PM



Prime Minister José Sócrates said last Friday it is a mistake to think other Eurozone states like Portugal are seeking finance from an emergency funding mechanism agreed by European leaders earlier the same day at a Brussels summit.

"The decision we took today on Greece is a decision to defend the whole Eurozone by combating speculation. It's not aimed to defend this or that state and this is a negative and wrong view that I reject", the Prime Minister said last week.

José Sócrates noted that Spain, Ireland and Britain all have deficits over ten percent and "it was none of these countries" that decided to set up support mechanisms to combat "Eurozone speculation".

European Council President

Herman Van Rompuy had been asked last Thursday after the first session of the Brussels meeting whether Portugal could be the next member of the Eurozone club to benefit from the bailout being planned for Greece.

"The situations are not at all comparable and the markets understand this and will take account of this more in coming days," added Van Rompuy.

Portugal's Prime Minister had initially not agreed with International Monetary Fund involvement in the support agreed

for Greece, with coordinated bilateral loans from Eurozone states, but joined other EU leaders in accepting a compromise to permit a small IMF contribution.

TPN/Lusa



Breakthrough in EU-US second-stage Open Skies negotiations

Siim Kallas, European Commission Vice-President responsible for Transport, has welcomed as "a major step forwards", the preliminary agreement reached by EU and US negotiators on a 'second-stage' Open Skies aviation agreement.

"A process has been agreed towards the further expansion and consolidation of the transatlantic aviation market. Both sides have agreed to increase regulatory co-operation, and remove the barriers to market access that have been holding back the development of the world's most important aviation markets", Siim Kallas said in a statement, adding: "Building on the success of the 2007 EU-US Open Skies

Agreement, this draft deal represents a significant breakthrough in the process of normalising the global airline industry".

In economic terms, the creation of a full EU-US Open Aviation Area has been estimated to be worth up to 12 billion euros in economic benefits and up to 80,000 new jobs.

Negotiators also made significant progress in agreeing a new framework for jointly addressing the environmental effects of aviation, as well as advances in the areas of security, competition, and social matters. Vice-President Kallas will submit the draft agreement for approval to the Transport Council in June under the Spanish Presidency.

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IRS 2009 - ODDS & ENDS**Nº 2 - International Double Taxation**

Income from abroad is entitled to a tax credit for tax paid internationally, up to the amount owed under IRS regulations. Income is then taxed at Portuguese marginal rates.

Portugal has signed treaties with many countries to help avoid double taxation. If you file in Portugal, yet have income arising in another country, there are likely to be special rules which apply specifically to your situation. Do not assume that just because you pay some tax somewhere that your obligations are met correctly. It is essential to follow the rules of the Tax Treaties as they normally supersede domestic legislation.

"But I already pay tax at home, why should I pay tax in Portugal?"

While you may feel morally justified because you have already paid tax in your home jurisdiction, you need to be aware of the fact that there are specific laws and treaties which govern such situations. It should come as no surprise that the choice regarding which government to pay is not optional. Double Taxation Treaties exist to protect citizens against paying tax twice on the same income. Quietly in the background, Portugal has been negotiating and signing Double Taxation Treaties with countries around the world. In fact, over the past three years, Portugal has doubled the number of such agreements, currently totalling 46. While these may be complex and hard-to-understand legal documents, they have a great bearing on Foreign residents in Portugal.

"How do these tax treaties affect

me?"

1) It is important to understand a few basics about such agreements. Their fundamental purpose is quite simple: to avoid double taxation. If you receive income in one State, yet are resident in another, which government has the right to tax you? It is imperative to remember that the terms of these conventions take precedence over domestic tax laws. The myriad articles of the pacts cover every conceivable form of income in an attempt to clarify the rights of the taxpayer and the tax man.

As you might expect, negotiations on such instruments do not start from scratch. There are models which act as a jump-off point as well priorities which are established by each government. While there are often patterns as to how particular forms of income are taxed, complexities often exist with clauses in one article superseding provisions in others. In other words, these are not transparent documents and require careful and trained interpretation.

2) Besides protecting you from double taxation, these agreements open the channels of communications between respective tax authorities. When no such agreement exists, there is also no formal link for information sharing, making it possible for some to "hide between the cracks". However, for law-abiding citizen, this de facto privacy comes at a high price: paying twice. It is no small wonder that in this age of computer technology, tax authorities are more anxious than ever to know everything they can

about you.

The following is the current list of countries with Double Tax Treaties with Portugal:

1. Algeria; 2. Austria; 3. Belgium; 4. Brazil; 5. Bulgaria; 6. Canada; 7. Cape Verde; 8. Chile; 9. China; 10. Cuba; 11. Czech Republic; 12. Denmark; 13. Estonia; 14. Finland; 15. France; 16. Germany; 17. Greece; 18. Hungary; 19. Iceland; 20. India; 21. Indonesia; 22. Ireland; 23. Israel; 24. Italy; 25. Korea; 26. Latvia; 27. Lithuania; 28. Luxembourg; 29. Macau; 30. Malta; 31. Mexico; 32. Morocco; 33. Mozambique; 34. Norway; 35. Netherlands; 36. Pakistan; 37. Poland; 38. Romania; 39. Russia; 40. Singapore; 41. Slovenia; 42. Slovakia; 43. South Africa; 44. Spain; 45. Sweden; 46. Switzerland; 47. Tunisia; 48. Turkey; 49. Ukraine; 50. UK; 51. USA; 52. Venezuela

In addition, there are many other countries with treaties negotiations in progress. If you have income from abroad and are resident or are contemplating residency in Portugal, it is wise to seek professional advice. In addition to being on the right side of the law, it is often possible to use the terms of these treaties to your best advantage. For many, Portugal proves to be a "Tax Haven" within Europe.

Dennis Swing Greene

Dennis Swing Greene is Chairman of the Board and International Fiscal Consultant for euroFINESCO s.a.. Private consultations can be scheduled at in Guia (Albufeira) 289561333, Lisbon (Chiado) 21342421 and in Funchal (Sé), Madeira 291221095, by e-mail at info@eurofinesco.com or on the internet at www.eurofinesco.com.

Avoiding Inheritance Tax With A QNUPS

Inheritance tax is one of the most unpopular taxes in the UK. While it may have originally been devised as a tax on the super wealthy, many middle class families have been drawn into its net. Often it is the wealth which they have worked hard to build up over their working life which is taxed when it is passed on to their children and grandchildren.

British expatriates are only too happy to leave the UK tax system behind when they move abroad. IHT, however, can follow you wherever you live and is much harder to escape than other UK taxes.

Usually, it is your country of residence that determines where you pay your taxes. In the case of IHT, however, it is your domicile status. Also, IHT is imposed on your worldwide estate, subject to the provisions of any Double Tax Treaties.

Domicile is a much more permanent concept than residence, and your domicile does not change simply because you have left the UK to live abroad. In simple language, domicile is concerned with the idea of "belonging" to a country rather than "residing" somewhere.

While it is possible for British nationals to shed their UK 'domicile of origin' and adopt a 'domicile of choice' in a new country, eg Portugal, in order to do so they must form an intention (and be able to prove it if necessary) to live in Portugal indefinitely. You need to sell your UK property and cut ties with the UK and, importantly, intend to die and be buried in Portugal.

This causes a problem for many British expatriates, because even if they are very happy living in Portugal and cannot imagine returning to the UK, you cannot be sure what will happen in the future. You may, for example, suffer ill health and return to be nearer your family. You, or your spouse, may return after one of you dies.

Even if you have adopted a domicile of choice in Portugal, as soon as you return to Britain to live you once again fall into the IHT net.

Planning to avoid IHT, therefore, should involve more than just living in Portugal. If you are keen to save your heirs from this 40% tax, over the current threshold of £325,000 (£650,000 for couples), you also need to look into any opportunities available to help you avoid or lower this liability.

Recent legislation in the UK has provided retired British expatriates with a new opportunity to legitimately avoid IHT.

The *Inheritance Tax (Qualifying Non-UK Pension Schemes) Regulations 2010* came into force in the UK on 15th February 2010 and introduced QNUPS. A QNUPS is a type of retirement trust or pension which meets a number of criteria, and into which you can place your investable wealth.

The assets within your QNUPS will be exempt from IHT. This applies immediately once you have transferred the

assets into your QNUPS.

And QNUPS are exempt of IHT regardless of your domicile status. It does not matter whether you have retained your UK domicile, or if you are unsure of your domicile status, or even if you are currently non-UK domiciled but later return to the UK to live.

Besides the IHT advantage, depending on your country of residence and the local tax rules, QNUPS can also help to avoid local succession taxes, local wealth taxes and also local succession law – thus allowing you to leave your estate to whomever you wish and without any or much of it being lost to the taxman.

Since a QNUPS is a pension scheme, you can take income and a cash lump sum during your lifetime (with the balance then to be passed to your chosen beneficiaries). These benefits can be taken from age 55 (the UK retirement age from 6th April 2010), and the lump sum can be up to 25% of the fund. Both the lump sum

and income can be deferred until age 75, but if you start taking income earlier you will need to take the lump sum then.

Flexible levels of income can be withdrawn. In some countries you can set it up to be very tax efficient.

Assets within the QNUPS will roll up without liability to tax. There is considerable investment flexibility within a QNUPS, and you can also choose which currency to hold the assets and receive the income in – another advantage for British expatriates.

Contact an international tax and wealth management adviser for further information on this opportunity and to establish if it would be appropriate for you.

*Bill Blevins, Financial Correspondent
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More women in top jobs key to economic growth - EU report

Only one in ten board members of Europe's biggest listed companies is a woman and all central bank governors in the EU are male. The economy would benefit by having full representation of both men and women in top positions, says a new report presented by the European Commission today. It comes ahead of a new strategy for gender equality that will be adopted by the European Commission later this year.

"If Europe is serious about getting out of the crisis and becoming a competitive economy through smart and inclusive growth then we have to make better use of women's talents and skills. Gender equality is therefore at the heart of our Europe 2020 strategy: getting women into work will help us get out of the crisis," said Viviane Reding, EU Commissioner for Justice, Fundamental Rights and Citizenship, and Vice-President of the European Commission. "Studies have shown that companies where women are well represented also perform best financially. I call on companies and governments to work hard to make sure gender balance in senior positions becomes a reality. I also encourage talented women to take on the challenge of board membership and to apply as candidates for top jobs."

The report, "More women in senior positions – key to economic stability and growth," shows that women continue to be severely under-represented in economic decision-making.

In the corporate world, men account for nearly 89 percent of the board members in Europe's biggest listed companies. The disparity is widest at the very top where only three percent of such companies have a woman in charge.

Norway stands out as the only country with anything approaching gender balance: 42 percent women and 58 percent men on the boards of the largest listed companies – a result of a legal quota.

At the same time several studies have now shown that gender diversity pays off and that there is a positive correlation between the share of women in senior positions and company performance. For example, a study conducted in Finland found that firms with a gender-balanced board are on average 10 percent more profitable than those with an all-male board.

In political decision-making, the European Parliament is now at its most gender-balanced level since its inception in 1979, with 35 percent women and 65 percent men. The proportion of

women members of national parliaments (single/lower house) across Europe as a whole has risen from 16 percent in 1997 to 24 percent in 2009. However, it is still well below the so-called critical mass of 30 percent deemed necessary for women to exert meaningful influence in politics.

With the worldwide economic crisis, women's role in businesses is increasingly important. For companies to survive and manage during the crisis, they need to have the best governance and attract the best talent possible. According to a study conducted under the Swedish EU Presidency in 2009, eliminating gender gaps in employment in the EU Member States could lead to a potential 15 percent – 45 percent increase in GDP.



European Commissioner for Society, Information and Media Viviane Reding in Brussels in 2008. (Photo: EPA/Olivier Hoslet)

Gov't opens €2bn credit line for small firms

The Government has unveiled a new line of credit for Portugal's small and medium-size companies worth an initial €750 million.

The head of the IAPMEI agency for the sector, Luís Filipe Costa, told the Lusa News Agency the fifth edition of the PME Investe programme could be boosted by as much as

€2 billion this year. For the first time, Costa said, the programme would be open to small and medium-size firms with social security or fiscal debts.

Another development, he added, was the expansion of the programme to cover businesses within the Atlantic archipelagos of Madeira and the Azores.

TPN/Lusa

Capital gains tax possible this year - Finance Minister

The Portuguese Government could decide to apply a long-term capital gains tax on stocks and shares for the first time in 2010 as part of its four-year austerity package, Finance Minister Fernando Teixeira dos Santos has acknowledged.

"No one said that a capital gains tax would not come this year", the Minister was quoted as saying by Socialist lawmakers who met with the Minister last week.

The meeting with the Government bench was held to discuss the executive's belt-tightening

Stability and Growth Programme (PEG) that was passed in Parliament last Thursday.

While the programme includes a capital gains tax on stocks, such a measure was not included in the Socialist Government's recently approved 2010 budget.

TPN/Lusa

Civil servants threaten renewed industrial action

Portuguese trade unions have threatened to call a new nationwide strike, saying negotiations with the Government over wage increases and other matters had reached deadlock.

Civil service Common Front coordinator Ana Avoila said the latest round of talks had been a "failure".

Avoila said "the next step" would be to prepare "a big demonstration" in May, while adding that the possibility of a second strike against the Government's austerity wage freeze "can never be sidelined".

Civil servants last staged industrial action over the issue on March 4.

Public Administration State Secretary Gonçalo Castilho dos Santos lamented that union leaders were emphasising the "points of discord" with the Government rather than the "points of convergence".

Nurses and state railway workers recently stayed away from work over the 2010 wage freeze declared by the Socialist Government as part of a series of belt-tightening measures to cut spending and debt.

TPN/Lusa

Business climate indicator further improves

In March, the Business Climate Indicator (BCI) for the Euro area improved further - marking one year of uninterrupted recovery, the European Commission revealed earlier this week.

The rebound of the indicator suggests that economic activity in the industry sector will continue to recover in the coming months, although it has still some way

to go to reach its pre-crisis level, the EC said in a statement. Managers in industry were upbeat about their order books and production expectations. They were even more positive about their export order books and production trends observed in recent months.

Regarding stocks, they thought that the level was lower than desirable.

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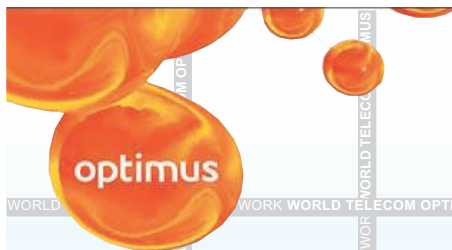
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Cascais sand-banks could disappear by end of this century



The extensive stretches of sand that characterise the county of Cascais could disappear by the end of this century, according to a study released this week by Agenda Cascais 21.

With the objective of identifying the main impact of climate change in Cascais over the next 100 years, Agenda Cascais 21, along with the Cascais Town Hall Environmental Department, carried out a study in which it was concluded the sand banks could be reduced by up to 80 or 90 percent, over the next 90 years.

Within 40 years up to 23 percent of the municipality's sand could have disappeared.

Besides this, the study further concluded that there will be a rise in deaths caused by heatwaves as well as an increase in the number of forest fires, which will cause "the reduction of native forests, changes to season tourism, the

reduction of some fish species, and possible extinction of some plants and animals".

Cascais Town Hall second in command, Environmental Councillor Carlos Carreiras, said that the study was of "universal interest to all local operators in the tourism, health, environment, the economy and territorial planning sectors".

"We are talking about an extremely useful tool for the municipal sustainability strategy, which forces us to reflect, plan, and project what we can do to preserve the future of the county, in response to the climate change predicted for the next 100 years", he said.



A picture of Estoril's coastline, in Cascais. (Source: The Portugal News)

Carris reports positive results

Carris increased its number of passengers by 2.9 percent in 2009, compared to 2008, with the public company having ended the year with losses of €13.7million, revealed the public transportation company last week.

In 2009 Carris transported 240.4million passengers, having strengthened its positive evolution it has been demonstrating since its restructuration and modernization in 2003.

The company was very pleased with the results in 2009, according to a statement released: "When it comes to the guidance defined by the shareholder [the State] in its management contract (...) the objectives defined for 2009 were not only accomplished, but surpassed."

For 2010 Carris hopes to continue its positive results, and will be adopting an innovative and more aggressive commercial policy, with new initiatives to approach their target market and increase their marketing substantially.

The third phase of 'Rede 7' should also be carried out, which will put 30 new buses into service, with twelve new routes to be certified, and the implementation of a safety and health management system for employees.

Construction in Estoril train station worries shop owners

Shop owners at São Pedro do Estoril, in Cascais, have blamed the construction work at São Pedro train station for the steep drop in customers recently.

In São João do Estoril similar construction work has also been announced, which will consist of the removal of the level crossing, to be replaced by a car underpass, and shop owners have already voiced their concerns.

In São Pedro, where two pedestrian underpasses are currently being built, the owner of 'KY Delícia' has said that since

the car level crossing was closed five years ago, business in his establishment has diminished by over 40 percent, and with the pedestrian level crossing soon to close, he expects a further reduction. An owner of a tobacco shop said he has lost several customers with these most recent construction works, but admits the worst is yet to come because at the moment the construction

workers on the site regularly visit his premises.

In São João do Estoril, the project consists of the construction of a car underpass under Marginal Avenue and Home Cristo Street, near the local health centre and the Santo António Fort, as well as a pedestrian underpass at the station.

However, not all shop owners are unhappy with the new

projects, as Margarida Marques, owner of 'Linhas Tortas', reckons the underpasses will bring benefits to the area "It will be a relief because it will reduce traffic and accidents and can even help business because, without cars, people will come for strolls and it's more likely they will come into the shop" she said.

Traffic up on Vasco da Gama

This week the Vasco da Gama bridge completed its twelfth anniversary with an increase of 3,000 vehicles per day in the last two years, but it is still far behind the April 25 bridge when it comes to traffic, registering less than half the movement.

According to data from the Road Infrastructure Authority, the average daily traffic on the Vasco da Gama bridge was 70,902 vehicles in July, well below the April 25 bridge numbers, which registered 168,725 vehicles per day in July 2009.

Although the Vasco da Gama bridge registered an increase of around 3,000 vehicle per day compared to 2008, Teresa Oliveira, Lusoponte spokesperson, said drivers still prefer the bridge closest to the Tagus estuary, although the newest bridge has alleviated traffic on the busiest, mainly heavy vehicles, since it has 20% more heavy vehicles travelling on it than the 25 April bridge.

Large Cascais families to pay less for water

Large families with low incomes living in Cascais will be paying reduced water rates, according to the 'Águas de Cascais' company.

Cascais' most needy large families will be given substantial reductions on their monthly water bills, according to Águas de Cascais: "Families with low incomes will benefit from the exemption of the availability tariff and their total consumption will be charged within the first tier category."

To exemplify the scheme, a family that has a monthly domestic use of eighteen cubic metres of water will not have to pay the current €33.95 and will be charged €24.26, a 28.5% discount on their final bill, "This means that, independent of these families' monthly consumption, they will always pay the equivalent of the first tier category" said a spokesperson for Águas de Cascais.

These measures are the result

of a protocol signed between Cascais council and Águas de Cascais, called "Support to Needy and Large Families", that allows such families in economical hardship to be exempt from the availability tariff (around €6.62) as well as their actual consumption rate of water, which in future will always correspond to the first tier of domestic consumption.

The Social Care Councillor for Cascais said there are currently

around 3,000 large families in the council that might benefit from this new agreement. Mariana Ferreira says this protocol is a "social support that seeks to alleviate the heavy burden families currently carry, so that their income will last until the end of the month."

Families wanting to be a part of this scheme must deliver an application to Cascais Council, together with documents that prove their situation.

Friendly fire during armed robbery

A PSP officer was shot by one of his partners during the armed robbery of an armoured vehicle in Agualva-Cacém last week. Luckily the shotgun was only loaded with rubber bullets.

Criminal investigation officers witnessed four men robbing an armoured vehicle outside a Caixa Geral de Depósitos bank, at Afonso Albuquerque avenue, in Agualva-Cacém, at 9am last Thursday. Sintra, Amadora and Loures PSP teams were sent to the location and pursued the robbers to Famões, Odivelas, where they finally arrested the criminals.

During the confrontation, one of the PSP officers fired a shot from his shotgun, which was loaded with rubber bullets, and shot his own partner. According to Carla Duarte, Police Commis-

sioner, the criminals did not fire any shots at the police officers, with only one shot being fired during the ordeal, causing an injury to the officer. "One shotgun cartridge, loaded with rubber bullets, was fired, which struck the officer" said the PSP Commissioner and Public Relations, adding that the injured officer was taken to Santa Maria hospital for observation due to minor injuries.

After arresting the criminals, PSP officers seized over €10,000 taken from the armoured vehicle, a vehicle, a gun, a revolver and a flare gun, which were all "loaded and ready to use."

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Historic victory for Olhanense



Olhanense President Isidoro Sousa (4th from right) and Vice-President Sergio Correia (far right) with Neil Richardson, Chris Wright & Larry Bawden before the game with Rio Ave. As reported in last week's edition Neil, Chris and Larry will be having their beards shaved-off in two weeks time when Olhanense play Marítimo (Madeira). Isidoro Sousa and Sergio Correia were happy to make contributions to the Sponsored Shave. All monies raised will be donated to the Madeira Disaster Appeal.



Olhanense recorded their biggest away victory in the top tier of Portuguese football since 1947 when they beat Rio Ave 5-1 last Sunday.

Following defeat at home to bottom side Belenenses the omens were not good for the long trip north. Forty fans set off from Olhão in the early hours, more in hope than expectation.

When the visitors went behind halfway through the first period, to a Vitor Gomes goal, no one could imagine what was to unfold.

A goal from Tengarrinha on the stroke of half-time gave Olhanense hope but the floodgates were to open in the second-half. Goals from Djalmir (2) and former Rio Ave player Yazalde made it 4-1. When substitute Rabiola added a fifth from the penalty spot in the 93rd minute many of the travelling fans had to pinch themselves.

Surely they were living in a

dream world where only the likes of Benfica scored five away from home! This was the first away win of the season for Olhanense.

Victory over V. Setúbal tomorrow (Saturday kick-off 4.00pm) at the José Arcanjo Stadium, Olhão would virtually guarantee premier league football for next season.

Former F.C. Porto legend Jorge Costa, now manager of Olhanense, was tight lipped about media speculation that he would be leaving at the end of the season. Club President Isidoro Sousa said, "I can assure you that Jorge Costa has not decided on his future. We have an open and honest relationship. We talk face-to-face and if he had already decided that he would leave the club I would know."

New sewer treatment plant in Portimão

The stench drivers face when entering Portimão will soon be a thing of the past as Águas do Algarve have launched a public tender for the construction of a new sewer treatment plant in Portimão, planned to begin construction this year.

The new residual water treatment plant, which promises to put an end to the bad smells at the entrance of the city of Portimão, will be the largest and most modern ETAR plant in the Algarve. Companies now have two months to submit their projects, with Águas do Algarve choosing the winning project. According to Artur Ribeiro, from Águas do Algarve, "the project will begin this year, because this equipment is very much needed", saying that the construction will begin towards "the end of the summer."

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Parque Ribeirinho Polis renovations

The renovation work at Parque Ribeirinho, in Faro, will begin after the summer, informed Polis Litoral Ria Formosa Society last week.

Work at the Parque Ribeirinho is expected to begin between October and December, with Site Plan/Land Design being the contractors of the Polis project.

The same company will also be responsible for the renovation of Parque Ribeirinho do Ludo, which is only planned to start at the end of 2011, as the project is still on the drawing board.

The Polis Ria Formosa project also foresees renovations

at Parque Ribeirinho de Olhão later this year, as well as the completion of the urban renovation between 5th October and June 16 Avenues, expected to finish in April.

Several more renovations are also planned, such as the connection between Pedras d'el Rei and Santa Luzia (Tavira), and the walking and cycling paths in Lácém, Mata Rota.

The Polis programme has been taking place since 2008 and

is expected to end in 2012, representing an 87.5 million investment, and covering 45 kilometres of sea front and 57 kilometres of lakesides within five different councils: Loulé, Faro, Olhão, Tavira and Vila Real de Santo António. "The project's main objective is to protect and renovate coastal areas, seeking to promote the preservation of nature and biodiversity, with sustainable management."

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Biaggi dominates Superbikes



Over 77,000 people headed to the Algarve Motorpark last weekend to watch the second round of the Superbike and Supersport World Championships, with Max Biaggi winning both Superbike races and Kenan Sofuoglu taking the crown for the Supersport event.

The weekend started well for the home racing team, Parkalgar, as Eugene Laverty won pole position in the Supersport race after fantastic qualifying times, and Miguel Praia started from eighth. Having maintained first position throughout most of the race, Laverty seemed favourite to win, but a fall towards the end cost him several positions and he ended the race in eleventh, which gave him five points. Disaster struck Miguel Praia as well with only four laps remaining, as he was forced to retire whilst in seventh position, due to engine failure.

In the Superbike Championship races, Max Biaggi triumphed over his rivals in two nail biting races, with only hundredths of seconds separating the Italian rider from Leo Haslam at the chequered flag in both races. Championship leader Cal Crutchlow fell in his first race, finishing in fourteenth, and came third in the second, only 0.658 seconds behind Biaggi.



After two rounds of the Superbike Championship, Cal Crutchlow remains in first with 85 points, followed by Biaggi (69) and Carlos Checa (60).

In the Supersport category, Eugene Laverty dropped from first to third position (30 points), with Sofuoglu stealing the lead with 41 points and Lascorz standing in second (40).

Although Laverty was not happy with his late fall, his objectives remain the same: "This is only the second race of the Championship, and although I'm not happy, it's not too dramatic. There is still a long way to go. Our objectives remain the same, to win the world title."



Max Biaggi (centre) celebrates his victory in the second Superbike race of the weekend at the Algarve Motorpark. Leo Haslam (left), leader of the Championship, came in second, followed by Cal Crutchlow (right).

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- Hotel Tivoli Marina in the Algarve, Tuesday 13th April
- Hotel Albatroz in Cascais, Wednesday 14th April

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Parque da Floresta Bowls Club – Finals Day



After an interesting and competitive series of rounds, Saturday 27th March saw the finals day at PDF Bowling Club. A beautiful warm day and the finalists put on an excellent display. The championship singles was won by Dave Forshaw who had a busy day being in three finals, beat Donald Davies by 21-11. In

the ladies singles Helen Stokes narrowly defeated Jean Palmer-Hall by 21-15 after a tense and close encounter. The pairs final was between Ron and Jan Collins and Gerald Clough and Ed Keighley. Gerald and Ed won by 20-12. In the triples, Barbara Bird, Gerald Clough and Ed Keighley played Cath and George Wood

and Max Hodges, the former trio eventually triumphed by 25-6 a reversal of last years result.

The two wood final saw Dave Forshaw in his last match of the day take on Nick Roberts and Nick won a close match by 14-8. Finally, the married pairs was between Dave and Bev Forshaw and Leslie and Ron Lewis, with

Dave and Bev winning by 19-9. Janice Clarke presented the trophies to all finalists who were all complimented on the high standard of bowls. The club goes from strength to strength and everyone now looks forward to next season and new challenges on the green.

Janice Clarke – PDF Bowling Club

AAA's next meeting

The next meeting of the AAA Will take place on **6th April** with the first talk of the day being at Sao Bras Museum at 2.30pm. Lunch is arranged at the restaurant Chicken Luigi, just below the Museum. If you wish to go to lunch kindly tel. Maxine on 917267948. The second meeting of the day will be held at Convento de Sao Jose in Lagoa. Dinner is arranged after the meeting.

Digging up Neolithic Hong Kong - Guest speaker - Professor Peter Drewett

The ten years or so prior to Hong Kong returning to the Peoples Republic of China saw massive development including the construction of a new airport. Many important archaeological sites were scheduled for destruction and international teams were invited by the Antiquities and Monument Office of the Hong Kong Government to undertake the excavation of the late Neolithic site at Sha Lo Wan.

Prof. Peter Drewett will look at this site and findings in the context of Neolithic Hong Kong. The Neolithic in China was well established by 6000BC although the Neolithic in South China, and particularly the coastal fringe is somewhat late. The settlement

and ritual site of Shalo Wan dates to about 2000-2200BC.

On a promontory overlooking the South China Sea, the site contains Timber buildings, graves and many deliberately buried, whole pots and polished tools.

Prof. Drewett read Anthropology at University College, London and completed his PhD on the Neolithic and Bronze Age of Sussex at the Institute of Archaeology, London. He was an Inspector of Ancient Monuments before teaching Archaeology and field history at University College, London for 33 years.

Prof. Drewett is the author of over a 100 books and articles including the standard text book for archaeology students entitled Field Archaeology.

We are at the start of our Membership year, a good time to renew and ideal for Non Members to come along to the Meeting and share in the pleasure of listening to first class speakers and the fellowship offered. The cost to a non member is €5. This money goes towards the paying for speakers and grants for projects brought to the attention of the AAA. Should you wish further information please call Maxine on 917267948.

Walking in the beautiful Algarve

Saturday April 3 - Lets Walk from Silves

A fantastic walk of 2 hours through the woods and countryside north of Silves, there is one short but not really steep climb so everybody should feel to come along and enjoy!

2.00pm start - meet in the car park close to the prison. Drive into Silves over the bridge and turn left. Follow the road out of Silves, passing the Modelo supermarket and then take the next turn right. Drive along passing the small prison on the left after 200m, a further 100m will bring you to a small carpark on the left.

April 7 - Let's Walk close to the Odelouca River

A moderate walk of nearly 2.5 hours through hidden valleys, with magnificent views over the

country side to the sea. This is a walk that is a must - it is so beautiful!

14.00pm start - exit the A22 for Monchique, drive north and at the roundabout at Porto de Lagos go right towards Silves. Drive for about 4km when you cross the river, just after this you will see an old blue house on the right - make a left turn opposite the house. Drive up for 100m when you will see a cafe (no name) on the left - meet here.

All are welcome to come along - there is no need to book (there is a charge of €5 per walk which includes a donation to charity).

Please wear comfortable shoes, bring some water and a sense of humour! If you require more details please call: Julie Statham 965 753 033 / 922 244 242 or see: www.portugalwalks.com



Nosh' night, held at Phoenix Nites, in Monte Carvoeiro in February, saw staff dress down

as guests dressed up!

Christina Cottis, who tirelessly organizes events and runs the two charity shops in Carvoeiro said "I had heard from some of my supporters that they never seemed to have anywhere posh to go, where they could really glam up, so I thought it was about time to get the evening wear out but not have a costly meal".

The Donkey Sanctuary would like to extend thanks to Tim and his staff and to João Alves for the live music entertainment that got everyone dancing.

If readers are interested in tickets for the next event ('Bingo and Supper Night'), or to make a donation for the raffle, please contact Christina on 966 033 127.

Goulding ekes out victory in Maiden Competition at Troia

Setubal, 22 March 2010: Chris Goulding's strong back nine brought him victory at Troia as The Old Fogeys Friendly Society (TOFFS) opened its season under sunny skies.

Goulding was playing in his first competition as a member of TOFFS. The Trent Jones course was perfectly designed to survive the soggy winter we have all been through, and is a joy to play. It remains, however, a big challenge and Stableford scores were

low. His back nine pushed this year's Captain, Ed Robbins, into second place with Axel Beselin close behind in third.

The competition was followed by a ferry-ride back to Setubal, and a fine lunch at the Tocado Rafael near the Auditorio Jose Afonso.

The TOFFS, first organized in 1999, meet about six times a year to visit Lisbon-area golf courses away from the members' base at Estoril.



Winner Chris Goulding and TOFFS members bask in the Setubal sun following the season's opener.

The Algarve Wine Society enjoys a spectacular 'Serata Italiana'

On Friday, March 26th, 77 members of the Algarve Wine Society were treated to a unique and truly memorable experience. Roberto del Gizzo, head of La Fattoria, a Lisbon importer of fine wines and digestivos from all over Italy, staged a very special Italian evening for the assemblage, with the participation of two of the Algarve's best Italian restaurants.

The venue was the Escola de Hotelaria e Turismo do Algarve (EHTA) in Faro. EHTA is lodged in the lovely former 16C Convento S. Francisco (a national monument) on Largo de S. Francisco just outside the eastern wall of Faro old town. The school's Director, João Fernandes, and Technical Coordinator, Manuel Serra, as well as a number of very well trained students, made sure that everyone was well looked after and properly served.

Participants were received in the foyer of the school with a glass of Maso Martis Trento DOC Brut Reserva. There then followed a short 20 minute presentation of The Italian World of Wine by Roberto in the school's conference room, followed by a tasting of 5 wines from 4 different wineries (2 from Piemonte, 2 from Toscana and 1 from Sicilia).

The tasting was followed by a classic Italian dinner. We started with vitello tonnato, followed by raviolini ricotta e gamberi in salsa rosa su letto di spinaci. These two courses were prepared and presented by Pietro Lombardo of the Ristorante Grissino in Alcanil and were accompanied by a lovely Soave Classico DOC 2008 from the Tedeschi winery. The main course was agnello in crosta con patate novelle al forno and was prepared and presented by Calogero Miano of the Ristorante Vecchia Milano in Lagos. The wine was Italy's finest - a Barolo Riserva DOCG

2003 from Beni di Batasiolo in Piemonte. The sweet was a millefoglie, crema frutto della passione e fragole fresche, prepared by Roberto's wife Annie, a renowned chef in her own right, with a restaurant in Cascais. A Moscato d'Asti DOCG 2007 was served, followed by coffee and a lovely grappa stravecchia 18 Lune from the Marzardo distillery in Trento. Wow!

A raffle, which featured a large number of lovely prizes all related to Italian food and wine, sent the many winners home happy.

The next events in the Algarve Wine Society's Spring calendar will be a gourmet dinner at Couleur France in Alcanil on Wednesday, April 28, a 5 day trip to Galicia in early May, a Bairrada evening, featuring that region's sparkling wines and leitão, in Tavira on Friday, May 28, and the Society's traditional summer party on Sunday, June 27.

Membership in The Algarve Wine Society is at its upper limit, and there is a waiting list, but if you would like further information please contact the Society's Secretary, Larry Hampton by email: mail.telepac.pt



Freda Baker enjoying her meal and wines.

Posh 'n' Nosh charity night lots of fun!

An unusual charity night was held in aid of the Donkey Sanctuary and proved hugely suc-

cessful, raising €515 for the animals being cared for by the shelter. The innovative 'Posh 'n'

Nosh' night, held at Phoenix Nites, in Monte Carvoeiro in February, saw staff dress down



Everyone looked fabulous and had a great time.

Gudrun Bartels - Monchique Impressionist

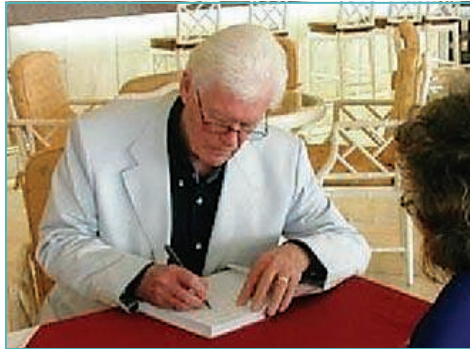
International German artist Gudrun Bartels returns to Monchique, every Spring. You now have the opportunity to see for yourself the beautiful paintings she has been working on for the past three years.

This is the first time her work has been exhibited in Portugal and her exhibition: Portugiesische Streifzüge - Exploring the nature of Portugal runs from 3 April-5 May in the Convento De Sao Jose, Lagoa

Come and see Monchique through this artist's eyes - the changing seasons, the graphic textures of bark, grasses and leaves, the intensive red blossoms of the alce vera, peeled trunks of cork

trees, large imposing white banks of pampas grass, yellow blossom of the mimosa, cracks and crevices of the rocky coastline.

Gudrun often uses mixed mediums, combining acrylics with pastels, chalks, pigments and sometimes she integrates photographs with her paintings. She has published books showing her photographs accompanied with the abstract paintings they have inspired. These books and art postcards of her work will be on sale at the exhibition. The Opening Night - 3 April at 7.00pm - is open to the General Public. If you would like a preview of Gudrun Bartels art - see her website at: www.gudrun-bartels.de



Dr. Piper's book signing

On Wednesday 24 March 2010, Dr. John Piper launched his new book 'The St. Petersburg Declaration'. The book signing was held in the Bar Boa Vista at the Hotel Garbe and was well attended by many local residents and patients of Dr. Piper.

This fascinating second novel, was written in response to the shooting of the 27 year old Brazilian man in a London Underground train in 2005 by police using expanding missiles (dum

dum bullets); seven of the eight projectiles entered his head rendering him mutilated and unrecognizable. The result of this shocking and brutal act, is an anti-war book using the weapon of ridicule.

There will be a second book signing at the Lagoa library on Saturday 24 April at 17.00 hrs. The books have been supplied for sale by the Magna Carta Bookshop of Alvor. Dr. Piper's first novel 'Mother Killers' will also be available.



St. Andrew's Church of Scotland, Lisbon

On March 28th the AGM of St. Andrew's Church was held after a special Palm Sunday Service. During the service, members and visitors were invited to come to the communion table, crossing the palm-strewn floor of the church, and serve themselves with bread and wine in remembrance of the Last Supper.

At the AGM, the accounts were presented by the acting Treasurer, Logan Ritchie. This was followed by a short talk from Rev. Graham McGeoch, who listed some of the priorities of the Church for 2010.

Firstly, the congregation was urged to consider the 3 Ps. - Profile, Presence and Pastoral Care. What is the profile of the church, what presence should it have in the wider Lisbon community and how should it administer pastoral care, not only to members but to the wider community?

Secondly, the congregation was invited to think of the 4 Ships. The Church was set up over 100 years ago as a mission church for the visiting ships in Lisbon harbour. The 4 Ships to consider are Worship, Stewardship, Discipleship and Fellowship.

A lively discussion followed with many ideas and suggestions

for projects being put forward. One project, which was widely acclaimed, was how to implement the Church of Scotland's proposal that all churches reduce their carbon footprint by 5% each year. St. Julian's School I.B. students will be invited to choose this challenge as their project for 2010.

On Thursday 8th April there will be a Gathering in the church at 8.00pm to remember the group of 70 intrepid Scots who, in 1866, put a call out to all in the Lisbon area interested in founding the first Presbyterian Church in Portugal. After a short service, dinner will be served in the church hall (cost €5). It is hoped there are still at least 70 people out there who think those intrepid Scots were right. Do come along and bring a friend!

On 23rd May 2010, the St. Andrew's Society of Lisbon, who gifted the tartan drapes for the church hall will have a special dedication service. It is hoped that members of the Society as well as members of the Scottish Country Dancing group will attend and that an ad hoc ceilidh band will play for the singing.

The Church hopes to see many new faces during 2010, you can be sure of a warm welcome.

Shshshsh...

"'Allo 'Allo... it is me Michelle of the French resistance with a secret message. Read this very carefully - it will appear only once, then... poof... it will be gone."

The other night in the café, just after Madame Edith 'ad finished yet another of 'er ear splitting performances, Monsieur René (whilst strategically distancing 'imself far from ze piano and close to the last table) over 'eard a conversation, with Helga and Herr Flic, the phycotic fiend of the Gestapo, concerning the missing painting of 'The Fallen Madonna with the Big Boobies'!

It would appear that a spy working in Portugal, 'as tracked the painting to the Algarve and told 'im to come just at the same time that we will also be there on the 12th 13th and 14th of May for our recruiting drive - at the luxurious Lagoa Auditorium (with the excellent translating system for British airmen).

Mon Dieu! But do not worry. We 'ave made secret plans with

our friends the Algarveans Theatre Group 'oo will be 'eavily disguised as ticket and programme sellers in the foyer. They will allow only those with valid tickets to enter. They are so cunning these Algarveans and they will not let us down 'Vive la France.'

Beware of Herr Flic's stick - it is very dangerous, do not approach 'im - just watch for my messages with the secret phone number to join us at our rendezvous".

Aurevoir, Michelle



Madrugada

On April 15th there will be an evening out at the Duke in Praia da Luz with either Bingo or a Quiz. Further information next week, but meanwhile please visit our brand new website and read all about your Community Association: www.madrugada-portugal.com

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If you have any ideas/suggestions for the website please e-mail: cynshep@gmail.com.

Madrugada, supporting people affected by life limiting illness.

Angels Arrive at The Garbe

Last Saturday evening, March 20th, The Angels Theatre Group, in response to requests to take their Old Time Music Hall to the Western Algarve gave a performance at The Hotel Garbe, Armacão de Pêra.

In the main restaurant a 140 enjoyed a superb three course buffet dinner with wine and were then entertained throughout the evening with a variety of songs, monologues and a melodrama in the Old Time Musical Hall tradition.

The Angels entertain for charity and their choice on this occasion was the Castelo Do Sonhos. Celia and Dave Mossman, representing the charity, arrived resplendent in period costume to welcome the audience and hand out song sheets. Other helpers, in costume strolled through the audience selling raffle tickets and receiving bids for a silent auction of an autographed bottle of wine from Sir Cliff Richard's vineyard.

Those of the audience, who had arrived in period style costume, were rewarded with a ticket to enter a special free raffle. The prize being an escorted tour, for two, around Sir Cliff Richards vine yard - Adega do Cantor.

The enthusiastic audience joined into sing-along to the choruses of the more well known songs. They were also in fine voice, when encouraged to boo the villain and cheer the hero in the melodrama.

The fun evening resulted in raising €1,702.37, which is the most money raised at any fund raising event for Castelo do Sonhos. This will go towards buying items from their wish list which includes beds and food.

The Angels would like to thank all those who support them in their endeavours. More about the group can be found at: www.angels-theatre-group.com or by e-mailing: theangels-theatreco@live.com



Winner of tickets for an escorted tour of the Adega do Cantor, Jean - on vacation at the Hotel Garbe.

May Madness Ball

You can book now for our May Madness Ball in aid of Riding for the Disabled Barlavento Associação de Equitação Adaptada Barlavento at the Hotel Tivoli in Lagos, on 1st May at 19h00.

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710 or PDM Travel on 282 782078.

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Living up to the traditional image of dads



Lisa Salmon looks at the traditional image of dads. Do they let their kids take risks and aren't too bothered about safety, while mothers wrap their children up in cotton wool and keep them safe?

Certainly, a poll by the Child Accident Prevention Trust (CAPT) in 2007 found that many dads were lagging behind mums in their knowledge of basic safety measures for children - dads were 50% more likely than mums to think it takes 30 seconds for hot bath water to seriously scald a toddler, when in reality, it takes just five seconds.

However, a new CAPT survey shows dads have pulled their safety socks up, and now 88% of fathers with children under five take steps to prevent accidents in the home.

Of this number, two thirds consider their approach to be 'thorough' and 41% said they're more 'hands on' than their own fathers.

Henrietta Bond, CAPT family support co-ordinator, says: "Three years ago, dads were not at all clued up about the dangers

of bath water, for example.

"But the new survey shows that more than half of dads are actually involved in bathtime, they know you have to test the temperature of the water with your wrist or elbow, and they know that it's important to run the cold water first and then add the hot water.

"I think it's because dads are getting more involved - it's much more acceptable that dads play a part in children's lives, and there's a greater awareness of safety."

Of the dads who didn't take any safety measures, nearly three quarters said it was because they thought accidents were inevitable and 'nothing to worry about'.

And more than half considered it the job of their child's mother to keep the house safe for children.

However, CAPT is stressing that it's important both mums and dads do their bit to help keep their children safe in the home, and Bond adds: "Simple steps are vital, like keeping hot drinks well away from children, and keeping the kettle and hot drinks well away from the edge of the counter.

"Such measures don't cost anything - it's just that extra awareness that's needed."

Modern dads' most popular safety measures for their kids are:

- Putting medicine out of sight and reach of young children, or locked in a cupboard (63%).
- Being present when young children are in the bath (55%), and testing bath water and running cold water first (47%).
- Fitting safety gates on stairs (55%).
- Fitting smoke alarms (55%).
- Never leaving hot drinks within reach of small children (43%).

To make sure dads are as well-informed as possible about what safety measures to take around the home, CAPT has teamed up with online forum Dadtalk.co.uk.

Its project manager, father-of-two Paul Kellett, says that while

mums and dads are often different when it comes to safety, children need that balance.

"Mums have a tendency to be more cautious, but us dads may let children take a few more risks - it's about knowing what's fun and what's silly, what's common sense and what's carelessness.

"It's also about being a bit clued-up about the risks."

Nearly a third of mums in the CAPT poll considered dads to have a 'lax' attitude when it comes to home safety.

However, Kellett, 41, points out that modern dads spend so much more time with their children, both in and out of the home, that they're bound to be more safety conscious.

"Years ago, mums generally had more time with the children around the house, but these days, dads are spending increased amounts of time there too, and so are picking up on hazards and the need for safety," he says.

Kellett bought and fitted smoke alarms and stair gates to his home for his two boys, who are now aged five and four, and while his wife instigated other safety measures, including moving medicines to a locked cupboard, he was responsible for fitting window locks, and moving the boys' cots and beds away from windows.

"There were some things that were just obvious and we didn't even talk about doing, they just happened, like the smoke alarms and stair gates."

He proudly describes how he used an old duvet to upholster the top and sides of the coffee table before covering it in fabric, explaining: "I knocked the whole lot together - it was a cheap way of covering the big edges which were just the right size for toddler mayhem. I can take credit for the coffee table - I'm a totally modern dad!"

He adds: "Being a home safety hero isn't about wrapping your kids up in cotton wool or being a killjoy, it's about being sensible."

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Join the pastel parade

Lisa Haynes shows how to pretty up your look with spring's must-have pastel colour palette.

Brighter nights aren't the only enlightening thing to look forward to this month.

Every spring there's a beauty trend that knocks the winter socks off gothic eyes and dark lips and leaves us craving something fresh and pretty.

This season it's the turn of the power pastels to deliver some light relief.

Beauty counters are awash with mouth-watering sherbet shades to seduce your inner girly-girl, whatever your age. Think lavender lips, baby blue eyelids, and minty green nails.

Banish notions of garish Eighties make-up, this trend has been given a modern twist, as seen on the catwalks at Dior, Viktor & Rolf and Versace.

MAC's director of make-up artistry, Terry Barber describes the seasonal look as: "strong pastels and bleached neons with no hard edges."

The key to pulling off pastels is all about finding the right shade for your skin. Lighter colours will pop on darker skin, while warmer tones can add vibrancy to paler complexions.

Add some sweetness and light to your look this spring with this season's sherbet pastels.

• Eyes

Peepers were transformed into a pastel playground on the catwalks.



At Viktor & Rolf, make-up artist Pat McGrath painted models eyes with a dramatic fusion of shimmering pastels like lavenders, greens, blues and pinks. Dior's take on pastels was even more adventurous teaming bold lavender lids with bright red lips.

Eyes don't have to be OTT, a subtle wash of your favourite hue is all you need for pastel playtime.

"The trick when using pale shades is to apply a base of sheer concealer and loose powder to lids and under eyes first to brighten eyes and allow shadow to blend smoothly," advises Max Factor make-up artist, Caroline Barnes.

"To create a soft wash of pastel colour, swirl a large eyeshadow brush over your chosen shade. Tap the brush to remove any excess then dust colour upwards and outwards to the brows to create a larger eye dimension."

• Lips

Last year's neon has been ousted for its pastel-inspired prettier sister.

Lips are going the same way as nails on the catwalks with 'unnatural' shades such as violet, sky blue and mint green for a contemporary feel, but you don't have to be a model to work a pastel pout.

Barry M's make-up artist, Amy Sachon, recommends seeking out wearable shades like baby pink, peach and apricot shades: "Pastels with a citrus twist are a key look for this season," she

says.

"Create just one statement feature with your lips by keeping eyes simple but defined, and your face fresh with glowing, dewy skin."

Avant-garde pastel fans will make more of an impact with matte lipsticks. Keep your chosen statement shade in place with a primer and apply the edges soft, but not smudged, for a modern look.

Feeling less adventurous? A gloss will give your pastel pout more of a subtle sheer tint.

• Nails

If you lack the experimentation gene with your make-up, show your passion for pastels via your talons.

Last year, Chanel's sell-out Jade polish became the It buy of the beauty season attracting bids on eBay over £150 and prompting nail bars to stock up on alternative minty shades for 2010. Lilac is proving to be another pastel talon pleaser for spring.

"It's all down to individual preference but pastels work best on short nails," advises celebrity nail technician, Andrea Fulerton (www.andreafulerton.com).

"Mint green is a warmer shade so it's easier to wear but if you prefer lilac, which has a whiter base, wear darker colours so it doesn't fade into insignificance."

Whatever shade you plump for, Andrea's convinced pastels will be sticking around beyond spring: "They're here to stay," she says. "I'm often asked if pastels are just a trend for younger people but you've got to feel the fear and do it anyway."



Keeley Hawes modelling the pastels look for the Boots No7 Limited Edition Spring Collection.

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Teen pregnancy rates not falling fast enough



Teen pregnancies might be on the decline but the UK Government are still falling short of the 50% drop they were hoping to achieve by 2010. Kate Hodal looks at why the UK is failing to stem the problem and the difficulties facing pregnant teenagers.

Tony Blair once called it Britain's "shameful record" and vowed to resolve it - but, nearly a decade on, teenage pregnancy is still a big problem.

Rates of teen births in Britain continue to be the highest in all of Western Europe: twice as high as in France, three times higher than Germany and four times higher than the Netherlands.

After a decade-long strategy to halve teen pregnancies by 2010, these numbers are far from acceptable.

According to new data from the Office for National Statistics for the UK, the number of 15 to 17-year-olds falling pregnant in 2008 declined just 14% - from over 44,000 girls to just 41,000.

Just why England and Wales have such high incidences of teenage pregnancy is dependent on a number of factors.

Poor sex education, a dearth of services aimed at teens and little communication at home about sex all play a role, says Penny Barber of Brook [www.brook.org.uk], a charity which provides sexual health services and advice to young people.

"While there are some good services available in schools, the provision of those services and the information given is pretty patchy across the country."

"Sex and relationship education is not part of the curriculum, which would help enormously, while the information that teens do receive is often said to be, 'Too little, too

late and too biological'."

According to the Department for Schools, Children and Families (DCSF), successful sex education also depends largely on what's talked about at home - with research showing that children whose parents talk to them openly and honestly about sex and relationships end up having sex later and are more likely to use contraception when they do become sexually active.

This is part of the reason why some countries, such as Holland, have lower rates of teen pregnancy, says Barber.

An additional problem is that UK parents have often had poor sex education themselves, and this affects the quality of information they pass on to their children, she notes.

Consequently, even if teens know that contraception is an option, they might not know how to use it.

"It's not enough to know that contraception exists, you need to know how to use it correctly and confidently, and have the services available to you to be able to get it."

"Many young people are afraid of sexual health services as they fear that they'll be judged for being sexually active or not made to feel welcome, which means that we need to work on having friendly services, staffed by people welcoming to young people, open at suitable times and places."

The UK Government is hoping to tackle some of these issues

in its new teen pregnancy strategy, which includes one-to-one sexual health and contraception consultations for 16-year-olds, more support for parents and teachers, and improvements to school-based health services.

The strategy also addresses the fact that parents need just as much help as teens.

Extra funding will help the Family Planning Association extend its programme of advice and support for parents - Speakeasy.

"We remain fully committed to ensuring that every young person has access to the information and support they need to make informed decisions about sex, but this is not just about Government," says Children's Minister Dawn Primarolo.

"Parents have a vital role to play in providing information and advice on sex and relationships and helping their children understand the value of respecting themselves and others."

Identifying the risks

Politicians have long been keen to tackle teenage pregnancy because of its far-reaching consequences.

Teen mums tend to come from socially disadvantaged backgrounds and are far more likely to raise families in poverty.

They also face higher risks of their children being born prematurely, dying in the first year of life and having developmental problems later on.

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Psychologically speaking, teenage mothers are also three times more likely to suffer from post-natal depression and experience poor mental health for up to three years after the birth.

It's no surprise then that the debate concerning teenage pregnancy has become symbolic. The clearest example we have of Britain's "broken" society.

But a new book, *Teenage Parenthood: What's the Problem?* questions this very attitude, saying that, in many cases, teen pregnancy is far from being a "catastrophe", but instead an opportunity for young people to turn their lives around instead.

"Teenage mothers and fathers not only do no worse in terms of their future employment or in-

come than any of their peers - in many cases they do a bit better," says Simon Duncan, professor of social policy at Bradford University and one of the book's editors.

"They generally become more purposeful and responsible, get more connected to their families and community, try to get better training and a good job, and give up some of their bad habits."

The book questions the notion that all teenage pregnancies are unplanned and suggests instead that many teenage parents are "positively ambivalent" towards childbirth instead.

"There's a strange mix-up between the words 'unplanned' and 'unwanted'," explains Duncan.

"Most teens aren't ignorant about sex or contraception; some people just want to have a child. And while some teen pregnancies might be planned, others might be 'accidental on purpose' for that very reason."

One of the core problems, Duncan says, is in the way that Britain sees parenthood.

Is it something that you do in your 30s, after securing a partner, job and mortgage, or can it be done at a younger age when all those other essentials are still up in the air?

"The Government only really recognises the first option, the slow lane to parenthood, but it may not suit other people or their circumstances."

"Overall, however, it should be noted that teenage parenting is a very minor social issue - in fact, it's lower now than it ever was in the 1960s or '70s. The truth is, it's

not the teenage bit that's the problem, it's the socio-economic disadvantage of the parents that's the problem."

Barber disagrees, however, citing high abortion rates among teens as proof that there is, in fact, still a problem that needs to be dealt with.

"Because around half of all teen conceptions end in abortion, we know that at least half the young women conceiving don't think having the baby is the best thing for them to do."

"While there are some cracking young parents whose lives have turned around as a result of their pregnancy, the question is really, Would they ideally have preferred to wait another couple of years to get their own lives in order?"



A teenager who is confused about contraception.



A teenage couple taking a pregnancy test.



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A trip into the wild on a Kenyan



Award-winning photographer, Paul Goldstein on Safari.

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There's a knack to photographing the Little Bee-eater. The picture you want is this: The bird is in mid-flight, its green shimmering wings flung wide and a just-caught bug clamped in its beak.

Precision timing, a steady hand and a little specialist knowledge are all essential. With the last of these, your pictures are transformed into the sort of images to grace a nature magazine, and without it you are doomed to an endless succession of empty branches.

If you're lucky, you just catch a claw disappearing out of shot.

Paul Goldstein has that specialist knowledge. An award-winning wildlife photographer who has coaxed, cajoled and demanded the best from amateur snappers for years.

I joined one of his safaris in Kenya's Masai Mara, hopeful of returning with pictures worthy of a frame.

Within minutes of arriving at our luxurious camp, we were bouncing along in one of Paul's specially converted vehicles (don't, whatever you do, call them vans) in pursuit of a cheetah and her two cubs.

After barely half an hour in Paul's company, it was already abundantly clear he takes no prisoners.

"Stop mincing!" he yelled, as I fumbled with my kit while the vehicle jolted across the dry savannah.

My just-out-of-the-wrapping digital SLR body was eventually attached to a lens the size of a rocket launcher, borrowed from a fellow traveller who hired something even more substantial for this expedition.

We found the cheetah family bathed in honeyed afternoon light, with the mother looking wistfully into the distance. The scene was beautiful, but my companions had other ideas.

"They're hungry," said our guide Patrick, setting off a flash of excitement in Paul.

"She'll hunt!" he cried, "Go, go, go!"

We swung away from the deceptively languid scene, adrenaline racing, our eyes scanning the countryside for potential prey.

In the distance, a juicy-looking Thomson's gazelle grazed near a thicket.

Small and spry - an ideal feast

for a peckish big cat - the gazelle munched on rough, scrappy grass while we raced to find a perfect view should the cheetah give chase.

She was on the move by the time we stopped, slinking through the brush to within feet of the gazelle. Then, she pounced.

It was over in a second, the predator so close there was barely a chase. However, for a novice wildlife photographer, the thrill was intense.

Only afterwards did I realise I had caught the action on camera: The cheetah lunging from a swirl of dust, front paws stretched out to whip the gazelle's back legs from under it.

I was helped by the fact my camera was primed with the shooting action, with aperture and shutter speed set to Paul's specifications.

This was a relief. Had I missed it, words from our leader would not have been flattering.

The Mara has life in mind-boggling abundance and often we found sightings of the area's smaller characters as enjoyable as the big predators.

We were not forced into a rigid itinerary - simply ticking off sightings and moving on - but we could stop for twenty minutes to watch a kingfisher, proud and portly like a town mayor, or delight in the antics of a warhog family, racing away at first glimpse of a camera lens, their tails straining towards the sky like television aerials.

The BBC's Big Cat diaries were filmed in the Mara, and many animals we saw on our trip were celebrities with - much to Paul's disdain - cutesy western names. So famous is Shakira the cheetah that one fellow photographer described her as "the cover-girl for Safari Vogue".



A leopard in the Masai Mar.

Olive, from a much-loved leopard dynasty, provided the most memorable experience of our trip, leaping into a tree only feet from our vehicle with her cubs to retrieve a kill.

Seeing a leopard at all is a privilege, but we could see the twitch of every whisker, the ripple of every muscle beneath the rich coat, her majestic head, intelligent eyes and really, really big teeth. It was breathtaking.

Leopard-spotting revolved around an area accurately described as 'Smelly crossing', a stomach turner in the morning with its sulphurous stench.

Leopards love dense thickets around the edges of the stinky waterway and wild basil soothes

the nose with its sweet, citrusy aroma as the jeep beats a path through the brush.

Huge crowds of wildebeest gathered for annual crossings of the Mara heading for the Serengeti and Tanzania, and we watched in wonder as animals fought to cross the river, unperturbed as crocodiles picked off the occasional snack.

Our wonder grew when some on the other side forgot themselves and crossed back over.

Wildebeest, a sensitive species, can take hours to build up the courage to cross. So, we took lunch, gazing at fish bone clouds drifting across the cornflower sky and hearing Paul's flamboyant language and pungent wit.



Cheetah cubs.

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photo safari

Of his jokes, the cleanest I can remember was: "Battle dress: warthogs!" (War-togs).

Fat crocodiles were "like Republicans at a breakfast bar", and when you are looking for advice: "Just ask the doctor - the surgery is always open."

"We work you hard, but we set the bar high," he said, after one particularly long day.

He was not exaggerating. We left the delightful surroundings of our tents around 5am every day, before the sky betrayed even the first blush of morning.

Often we were still out at sunset, chasing the dying light for a spot to take in the great billowing clouds as they bruised against a hot red sky. At these times, photographs came second to soaking up the astonishing beauty of the dying Mara day with a cold beer.

Returning to a hot shower and a drink around the campfire, we buzzed from the excitement of the day and waited sheepishly for Paul to appraise our shots.

"What is this?" he asked contemptuously of an unfortunately-framed lion.

"You've cut its feet off. Delete!"

An attempt at panning was treated with more enthusiasm, not least because I had the audacity to try it on a leopard. To pan you use a slow shutter speed and follow the animal with your camera while taking the shot, so the background is a blur of movement with the head sharply focused.

That's the theory anyway - most of mine were all movement, and little focus.

Paul likes you to experiment, to approach photography with the same fiery passion that he has, and to sit tight and wait for the shot - all day if that's what it takes.

You are well rewarded for your patience, with a deeper knowledge of your camera, wonderful memories and, of course, some beautiful shots.

Much is made of the idea that we have simply progressed from shooting wild creatures with guns to using camera lenses. While there are similarities - you must learn an animal's habits to predict its movements - hunters aimed to stop the wildlife in its tracks, but we wanted the right light, a good camera and of course action.

Thanks to the eagle eyes of our guides, and Paul's knowledge and unwavering enthusiasm, we had all in abundance.

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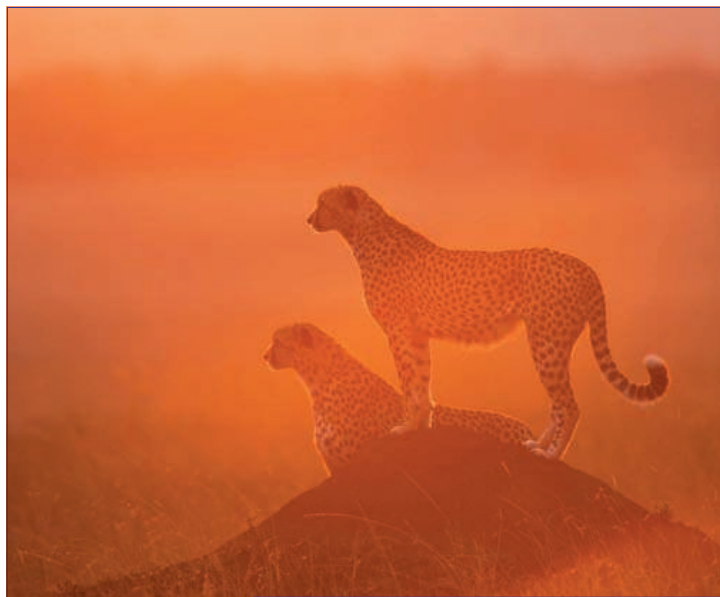
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Key facts

Best for: Getting close to nature.

Time to go: End of season (Sept-Nov) is best.

Don't miss: Sundowners in the savannah.

Need to know: Buffalos/hippos don't like cameras.

Don't forget: Torch, sunhat, sun cream, camera, telephoto lens (preferable), film or memory cards, there are recharging facilities, lightweight walking shoes, sandals, fleece for early mornings, binoculars.

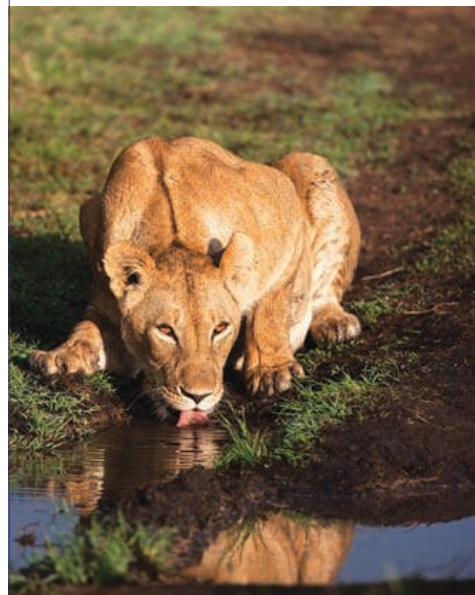
Travel facts

Kelly Macnamara was a guest on an Exodus Photographic Safari, with award-winning photographer Paul Goldstein and local guides. Groups sizes 4-12, min age 16. Nine-day package, from £2,699/€3,019, including six nights' tented camp accom, return Kenya Airways flights ex-London, internal flights, and transport by open-sided four-wheel-drive vehicles in the Mara. Next departures are in June and September.

Exodus reservations: 00 44 (0)845 863 9601 and at their website: www.exodus.co.uk.

Kelly Macnamara

Pictured: Cheetahs seen at sunset in Kenya's Masai Mara and below: a lioness drinking at a watering hole in Kenya's Masai Mara.



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HIGHLIGHTS



TAVIRA - Saturday 17th April - Potato Bake + Quiz, 7pm at Stº. Estêvão, Tavira in aid of the Canil São Francisco, Loulé - Organised by the Tavira Fund Raisers - To book contact Cynthia on 281 324 795 or email diane@sdeals.com - Our recent bazaar raised €450.27 - Many thanks to our loyal supporters.



PADERNE - Top tutor to Paderne - Available for 1 to 1 or group tuition, scenic and stage artist, Jan Johnson is visiting the Algarve to pass on her knowledge and expertise - One time Head of Scenic Art at the BBC, Jan has also prepared scenery for major film productions. Normally based at her London studio, she is a qualified art college lecturer and a member of the prestigious Chelsea Arts Club - Her unique style of painting has been much admired in the UK, France and last summer at Galeria Corte-Real in Paderne. Using collage and 'trompe l'oeil' techniques worked on vintage fabrics, her images are filled with nostalgia and emotional warmth - Examples of her work can currently be viewed at Corte-Real where she will be teaching practical classes and art appreciation studies during the weekend April 17th and 18th, returning again in September - For further enquiries telephone: - 912 737 762 or 918 980 199 - Galeria Corte-Real is open from: - Thursday to Sunday /11am until 5pm - Sign posted from Paderne, Boliqueime and Ferreiras



April - Promenade Concerts Cycle 'Musics of the World' by the Orquestra do Algarve - 3rd April in Alcoutim, 19h00, Matrix Church *Easter Concert* (Free Entrance) *Works by:* Franz Joseph Haydn; Conductor: Sinead Hayes; Narrator: Tânia Silva - 9th April in Faro, 21h30, Stª Bárbara de Nexe Matrix Church; Free Entrance; *Works by:* Beethoven, Dvorák; Conductor: Osvaldo Ferreira - 11th April in Loulé, 11h00, at the Matrix Church; Free Entrance; *Works by:* Franz Joseph Haydn, Mozart, Johann Michael Haydn; Conductor: Osvaldo Ferreira; Soloists: Maria Luisa França (Soprano), Liliana Bizineche (Meio-Soprano Mezzo-Soprano), Paulo Ferreira (Tenor), José Corvelo (Baritone); Choir: Coro de Câmara Lisboa Cantat; Choir Conductor: Jorge Alves - 16th April in Tavira at 21h30 at Igreja do Carmo; 289 860 890 - 17th April in Lagos at 21h30 at Centro Cultural; 282 770 450; *Works by:* Johannes Brahms, Mozart, Gordon Lawson; Conductor: José Eduardo Gomes; Soloist: João Cunha (Violin) - 24th April in Lisbon at 22h00 at Centro Cultural de Belém (Small Auditorium) 'Dias da Música em Belém' (Music Days in Belém); 707 303 000; *Works by:* Leonid Chizhik; Conductor: Osvaldo Ferreira; Soloist: Leonid Chizhik (Piano) - 25th April in Lisbon at 19h00 at Centro Cultural de Belém (Grand Auditorium) 'Dias da Música em Belém' (Music Days in Belém); 707 303 000; *Works by:* Sérgio Azevedo, Manuel de Falla; Conductor: Osvaldo Ferreira; Soloist: António Rosado (Piano) - 27th April in Faro at 10h30 at Teatro das Figuras (Only for School Community) *Pedagogical Concerts Cycle* 14h30 'The School receives OA' Artistic Director Principal Conductor: Osvaldo Ferreira; Associate Composer: Alexandre Delgado

ALGARVE

ALGOZ

WED & THU

Weight Wise, slimming support group, meets at the Mikki F Studio on Wednesdays at 11h00 and Thursdays at 19h30 - Call 939 536 347 or e-mail wendyweightwise@yahoo.com

ALMANCIL

APRIL 3 TO MAY 13

Centro Cultural São Lourenço presents the Exhibition by Karsten Fuge 'Objects, watercolours and oil paintings' - Inauguration of the exhibition is at 19h00 - At a time where art revolves around superlatives and gigantism, Karsten Fuge continues in his dedication to the art of miniature - Centro Cultural São Lourenço - T. 2859 395 475 / F. 289 393 281 / ccs@iol.pt / www.centroculturalssaulourenco.com

ARMACAO DE PERA

APRIL 5

Quiz Night at the Hotel Garbe - Entry 2,50 Euros per person - starts 8pm, max 6 people per team, chance to win 25 Euro prize with Charity Fund Raising Raffle for Castelo de Sonhos sponsored by Fantastic Things (Importers of British High Street Labels) Telephone Lynn on 919 266 770 or call into the Garbe to reserve your table - For more details: www.hotelgarbe.com

FARO

APRIL 17



Inauguration at 17h00 of the Art Exhibition 'A Matter of Well-being' of Oil and Acrylic on Canvas with artists participants: Richard Hoke, Carmen Q., Anna Maria Pieman, Tess Aalbers, Peter Verschoor, Shirley Lowe - Hospital Particular do Algarve - Welcome Cocktails will be served on the day of inauguration - Tel: 351 282 420 402 - Fax: 351 282 420 402 - E-mail: info@hpalg.com - www.hospitalparticularalgarve.pt

FERRAGUDO

SUNDAYS

Club Nau is back with chilled out afternoons! - The famous Sunday afternoons with live music at Club Nau, in Praia Grande are back - Come to the beautiful beach bar for a relaxing and enjoyable Sunday afternoon, live music begins at 16h00, this week featuring Zé Manel.

www.theportugalsnews.com

SOUTH

LAGOA

APRIL 2 & 3

1st Garage Band Competition with Pedro Frias Band as Guest Band at Fatacil - Applications to: Escola de Rock de Lagoa - 916 631 716 escoladerocklagoa@hotmail.com

LAGOS

DAILY

Visit the Charity Shop in Amádema - Charity Shop in what was old supermarket on the square past 'Brody' and 'O Poço' restaurants - LAPS - Lagos Animal Protection Society - 282 687 334

EVERY MONDAY

New Orleans Jazz free concert at Tivoli Hotel - 20h30 - Details: 935 086 365 - www.aqlvarvejazz.com

LOULÉ

UNTIL APRIL 29

Painting Exhibition by Maria Baptista at Chá d'Arte art gallery - Largo D. Pedro I, 5-6

PADERNE

DAILY

Art Exhibition at Galeria Corte Real - Collected works of 35 artists w/new exhibitions staged every month - Includes ceramics, hand crafted chandeliers and other items of contemporary art - Signposted from Ferreiras, Boliqueime & Paderne - 918 980 199 / 912 737 762

PORTIMÃO

APRIL 8

New Orleans Jazz at Casa Inglesa on the main square - 20h30 - Details: 934 954 348 - www.aqlvarvejazz.com

THURSDAYS

Weight Wise, slimming support group, meets at Restaurante As Aves, Ladeira do Vau, near Portimão on Thursdays at 10h30 - Please call 939 536 347 or e-mail wendyweightwise@yahoo.com

TAVIRA

UNTIL APRIL 2

Regional Gastronomy Festival - Typical meals enjoying the beauty of the mountain landscape and participating in a contest to win a weekend - Hotels participating: Herdade da Corte, Mesa do Cume, Monte Velho, O Constantino and Quinta do Marco

APRIL 3

James Bond Night - €10/person - a glass of bubbly, hot & cold buffet and casino games - all the music from the films suits and evening gowns preferred - Q!ª da Fonte do Bispo, Stª Catarina - 281 971 484

VILAMOURA

TUESDAYS

Weight Wise, slimming support group, meets at Browns Sports & Leisure Club at 10h30 - Please call 939 536 347 or wendyweightwise@yahoo.com

NORTH

PORTO

DAILY



Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 - Tickets can be bought until 10 minutes before visit - Price: €2; Free for children under 12 - 220 120 214 - Avenida da Boavista, 604-610 - www.casadamusica.com



Serralves Foundation: Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h - Visits to the park; Sun: 11h-12h - Visits are free on the purchase of an entrance ticket to the museum - Location: Rua D. João de Castro, 210 - T. 226 156 584 - www.serralves.pt

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CENTRE

CASCAIS

DAILY

Cascais Cultural Centre - Concerts, shows, exhibitions, & other events. - shops, coffee shop & terrace - Open: 10h00-18h00 (Closed Mon) - Av. Rei Humberto II de Itália - 214 848 900

ESTORIL

DAILY

Casino Estoril - Praça José Teodoro dos Santos - 214 667 700 - Info.estoril@estoril-sol.com

LISBON

APRIL 4

Dances and Masks '20 fingers 2 pianos with João Vasco and Eduardo Jordão' and 'Ensemble de Câmara with Miguel Henriques and Paulo Pacheco' - 11h30 - Small Auditorium of Belém Cultural Centre - Tickets: €5 - Praça do Império - 213 612 400

UNTIL APRIL 14

Painting Exhibition by Fernando Gaspar 'Rebelião no Zoo - parte II' (Rebellion at the Zoo - Part 2) at Casino Estoril Art Gallery - Fernando Gaspar plays with the kind beavers, the mischievous chimps, the colourful pelicans, the ever-aggressive black panthers, the astute tigers, the

DAILY

» **Mercado da Ribeira** - On the riverfront, this popular market is the Coolest Place in Town - Crafts, events, gastronomy • Av. 24 de Julho

» **National Coach Museum** - Set in a 17th century riding school, with a varied collection of royal coaches, uniforms and portraits of the royal family - Open from 10h00 to 17h30 (Closed Mondays) and public holidays - Praça Afonso de Albuquerque - 213610850

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Lisbon Concerts
(Tickets: See details bottom page)

April 6 to 17 - Mitch Sebastian's 'The Opera Show' - Oceanos Auditorium of Casino Lisboa -
April 7 - Tokio Hotel - Welcome to Humanoid City Tour - Atlantic Pavilion's Sala Atlântico -



19h30 - **May 30 - Black Eyed Peas in concert with Cheryl Cole opening the concert** - Estádio Nacional (National Stadium)

Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night.
Websites: www.pavilhaatlantica.pt / www.ticketline.pt / www.blueticket.pt / Phone numbers: Ticketline 707 234 234 / 707 780 000

SUDOKU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Answers next week.

Easy

Medium

Hard

		1	5		9	3		
	9		3	4	7		2	
1			2		4			8
7		6				4		1
8			1		3			9
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		5	4		1	9		

6				4		7	1	
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							9	
7		9		4		3	2	
8				2	4			

CODEWORD

Each number in the grid represents a different letter of the alphabet. Decipher the code to fill in the crossword. Three letters are already in place and the check-box and letters either side will help you keep track of progress.

S	C	H	O	O	L	A	A	M	O	E	S	B	A
A	B	J	E	C	T	B	B	E	E				
C	A	H	E	E	B	R	O	W	S				
K	C	D	E	F	R	B	T						
O	K	R	A	L	S	H	Y	E	N	A			
T													
U	N	Z	I	P	N	L	B	A	S	I	N		
X	O												
E	R	O	D	E	M	T	I	B	E	X			
D	M	A											
O	B	S	T	A	C	L	E						
A	R	T											
R	T												
A	B	R	O	A	D								

Last weeks solutions:

2	6	1	9	5	7	8	3	4	6	8	5	7	2	4	9	1	3	5	3	7	2	4	9	8	6	1
4	8	9	3	2	6	7	1	5	4	9	2	5	1	3	7	8	6	4	9	1	6	3	8	2	5	7
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5	4	3	6	1	9	2	7	8	8	3	9	2	4	1	5	6	7	8	5	2	3	1	7	6	9	4
7	5	4	2	3	8	9	6	1	3	5	6	1	9	2	8	7	4	2	4	5	1	6	3	9	7	8
9	3	8	4	6	1	5	2	7	9	1	8	4	7	5	6	3	2	1	8	6	7	9	2	5	4	3
6	1	2	7	9	5	4	8	3	7	2	4	3	6	8	1	5	9	9	7	3	8	5	4	1	2	6

(Right: Last week's solution)

1	2	3	4	5	6	7	8	9	10	11	12	13
	O	T										
14												
							R					

A	26	24	8	13	22	13	24	19	3		22	20	21	7	3	N
B	24		24		15		3		9		15		2		24	O
C	4	9	19	10	2		25	9	20	15	24	17	16	13	19	P
D	9		22		3		24		3		6				24	P
E	11	25	24	7	25	24	20	26		7	24	9	19	16	3	Q
F	24			15		15		24	5	24	20	3			18	R
G	26		11	16	7	24	20	4		20		25	9	15	2	S
H		9		23		22		20		18		15			21	T
I	3	20	13	23		3		13	20	2	19	24	26		7	U
J		13		24	15	2	7	24		15		3			20	V
K	3	9	20	3	9	20		8	15	9	23	24	19	22	2	W
L	20			7			14				9		16		10	X
M	24	5	24	23	7	15	9	20	21		19	24	20	6	24	Y
	9		1		24		19		9		18		11		22	Z
	3	20	24	19	26		21	24	15	15	2	12	24	11	3	

PRIZE CROSSWORD 1055

1		2		3	4		5		6		7
				8							
9							10				
11											
13		14					15				12
							16				
		17								18	
19											
20							21				
22										23	

ACROSS

- Action (4)
- Friendly (8)
- Dead (7)
- Push with elbow (5)
- Averse to change (12)
- Cause to fall (6)
- Impassive (6)
- Collect in a mass (12)
- Pure (5)
- Prosper (7)
- Highly skilful (8)
- Staunch (4)

DOWN

- Inscribe to (8)
- Mischievous (5)
- Cause (6)
- Parliamentary district (12)
- Torment (7)
- Always (4)
- Wit (12)
- Appendix (8)
- Avow (7)
- Titbit (6)
- Ward off (5)
- Dross (4)

A €10 Algarve Book Cellar token will be awarded to the sender of the first correct solution opened next Thursday. Solutions to: The Portugal News Crossword N° 1055, Apt. 13, 8401-901 Lagoa. Please be sure to enclose your name, address and phone number.

WORDSEARCH

Find the hidden words within the square. The word may start anywhere and go in any direction.

U	S	S	E	N	E	L	D	I	I	G	D	T	S	J
E	A	D	A	E	R	H	T	T	I	H	O	S	T	C
K	P	V	Q	A	Y	A	C	O	N	S	P	I	R	E
I	I	Z	E	S	L	U	P	M	I	V	T	P	A	S
K	S	N	O	R	F	S	H	O	A	Y	E	K	I	A
U	T	M	D	N	A	T	L	R	R	A	K	E	G	X
I	J	D	S	I	V	G	Q	S	T	R	C	R	H	H
F	I	H	C	H	G	Z	E	V	S	N	A	S	T	B
S	U	A	A	T	N	E	D	I	S	E	R	E	E	Z
Q	S	R	R	B	R	E	S	I	J	W	Y	T	N	S
F	A	R	O	G	P	R	C	T	L	T	I	B	E	S
N	G	I	P	N	R	R	M	E	I	O	N	D	D	E
D	E	E	R	O	F	I	J	A	B	S	G	M	M	
P	G	R	S	W	Y	V	L	R	A	L	L	I	E	D
O	V	S	D	P	O	T	S	E	D	L	O	E	M	K

HOST; CONSPIRE; RALLIED; ROPES; INDIGESTIBLE; RACKET; THREAD; CROWD; AVERAGE; RESIDENT; MESS; HARRIERS; SOLID; OLDEST; STRAIGHTENED; IMPULSE; ERSE; IDLENESS; STRAIN; USAGE; SCAR.

SPOT THE DIFFERENCE

See if you can find 6 differences between the two photos.



Last weeks solutions

Across: 6 Retreat; 7 Lobby; 9 Feign; 10 Pacific; 12 Investigate; 14 Photography; 18 Disused; 19 Angle; 21 State; 22 Deserve.

Down: 1 Level; 2 Origin; 3 Way; 4 Boring; 5 Obliviate; 8 Partial; 11 Deigned; 13 Thrifty; 15 Trusty; 16 Hinder; 17 Slave; 20 Pew.

Last weeks winner: Pat Hardy, Penela

Last week's solution:



PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 3 Apr 2010

PROPERTY OF THE WEEK

Holiday Homes from East to West



In direct response to an increasing number of enquiries, this week **Togofor-Homes, Lda** are pleased to showcase a selection of holiday homes which are ideal for letting across the Algarve - all offering very competitive prices. Many of their clients now want to buy holiday properties which are also suitable for letting maybe now or in the future. Location, distance to amenities, beaches and golf courses are all important factors for holiday rental properties, get this right and a property can pay for itself! Licensed Real Estate agency **Togofor-Homes, Lda (AMI-6902)**, based in Lagos and Alvor (and also very soon in Olhão and Monchique), operates across the whole Algarve region.

Property 1: (Ref: S1019)



A quaint cottage in a traditional Portuguese style nestled at the end of a small road only 500m from the sea and surrounded by beautiful countryside.

This 2 bedroom, 1 bathroom property includes a lounge with wood burning stove and a delightful French country style kitchen. Outside the walled garden could be trans-

formed into an idyllic area for relaxing and entertaining, to the rear there are outbuildings which could (with permission) be converted into further accommodation. This charming cottage has great potential and is ideally located a short stroll from the sea and only 3kms from Porches with an array of amenities.

Excellent Price, €190,000.

Property 3: (Ref: S1006)

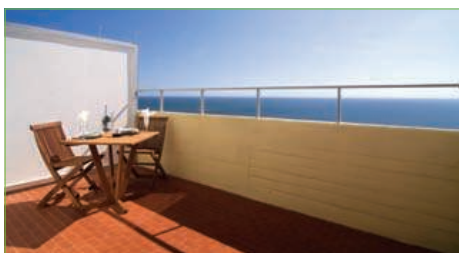


This 1st floor apartment forms part of a block of four well-maintained properties within the popular Alto Club resort. The complex is centrally located close to both the town of Alvor with its shops and bars and also walking distance to the beautiful beaches and fresh seafood restaurants. The apartment is surrounded by landscaped communal gardens and has tennis courts, communal pools, fitness

facilities and of course golf courses all available to use. The 2 bedroom, 2 bathroom property will be sold fully furnished and also includes central heating, double glazing, carport and a spacious 26m² terrace. Ready to move into immediately, completely furnished and equipped - this apartment is an ideal year round holiday homes for golfers, couples and families alike.

Excellent Price, €255,000.

Property 2: (Ref: S486)



Fully furnished studio apartment with amazing coastal views in one of the Algarve's most vibrant locations, Praia da Rocha. This immaculate property is situated on the 21st floor meaning the unbeatable views of the beaches, ocean and landscape stretch for miles! The apartment is fully fitted and equipped and has a spacious balcony to sit and relax, sunbathe or dine al-fresco.

The building has 24hr reception service, lift, and parking, it is just a short stroll from the restaurants, cafes, bars, boutiques, nightclubs and casinos which the resort has to offer. Don't forget the stunning beach which offers all watersports activities for the more adventurous or simply sun loungers and sun shades for those wishing to relax.

Excellent Price, €89,999.

Property 4: (Ref: ST806)



Striking two-storey townhouse which has sympathetically renovated to blend in beautifully with the traditional village ambience in this peaceful coastal area of the Western Algarve.

The property currently has 1 huge bedroom (which could easily be divided into two bedrooms) and 2 bathrooms, all rooms are finished to a high standard and incorporate wooden floors, ceilings and

shutters. From the terrace there are lovely views of the village and rural countryside, this property is situated close to the village of Salema and the various beaches in the area.

This is a great base for those wishing to explore the un-spoilt Western Algarve and west coast of Portugal - perfect for walkers, surfers and nature lovers.

Special Offer Price for April only, €149,000.

Property 5: (Ref: ST912)



Constructed over 3 floors and offering sea views from the upper levels, this newly built and very stylish townhouse incorporates classic lines and traditional elegance, enabling it to blend seamlessly with the historical buildings in the heart of Olhão. The property with 3 bedrooms and 3 bathrooms includes a fully fitted kitchen, electric shutters, terraces and a

roof terrace plus many other pre-installed features such as central heating, air conditioning and solar. This really is a superb location close to the harbor, sea and fish market in the charming town of Olhão which provides a delightful combination of the tranquility of a sleepy fishing village with a popular holiday destination.

Excellent Price, €215,000.



THE ALGARVE PROPERTY SPECIALISTS

For more information on these and many other properties for sale, please contact Togofor-Homes, Lda or visit their website: www.togoforhomes.com, e-mail: info@togofor-homes.com, telephone: 282 432 004 / 282 476 568, or mobile: 917 472 277.

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Huge detached 5 bedroom villa (all bedrooms en suite) with huge pool in São Martinho do Porto. Price 349.000 Euros



Beautiful Rustic detached home beside the bay of São Martinho do Porto. Price 135.000 Euros

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Ref: 837 - € 99.000
 One bed apt in the town of Cacela, air conditioning, equipped kitchen and 3 verandas. Sunny position great for holidays.



Ref: 675 - € 115.000
 Two shops for the price of one, 500m from the beach of Manta Rota each shop has toilets and is 41.70m2.

LOW PRICES



Ref: 567 - € 118.500
 Two bed large apartment in a condominium with shared pool. Fully furnished and equipped with air con and satellite.



Ref: 980 - € 185.000
 Three bed semi detached cottage, is equipped with air con and has a fireplace. Very close to facilities and beach of Manta Rota.

kasas
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 Professional Estate Agents
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www.Robert@AlgarveProperty.com



VILAMOURA - GOLFE
Ref. A92414
 Spacious 2 bedroom apartment excellently located inside Millennium/Laguna Golf Course on a very quiet area. Prestigious complex w/ large green areas & communal sw. pool. Fully furnished & equipped. A/c & alarm sys. Underground parking space for 1 car & 1 storage. Large South/West facing balcony w/ direct access to garden & pool area. Excellent letting potential.



VILAMOURA - MARINA
Ref. A82158
 Excellent 2 bedroom apartment located within walking distance to Marina & Falesia beach. Closed complex w/ large green areas & sw. pool. Constr. area of 100 sq.m. Fully furnished & equipped. Excellent finishes. A/c. Underground parking space for 1 car & 1 storage in basement. Large south facing terrace overlooking garden & pool area. Excellent letting potential.



VILAMOURA - MILLENNIUM GOLFE
Ref. A92622
 Top floor 2 bedroom apartment excellently located inside the Millennium Golf Course. Complex with garden and swimming pool. Nice open views. Spacious fully fitted kitchen. Air conditioning. Private underground parking for two cars. Large South/West facing balcony overlooking pool and garden area.



QUARTEIRA - BEACH
Ref. A92578
 New 2 bedroom apartment excellently located 100 metres from the beach and in walking distance to restaurants, bars, shops, etc. Complex w/ communal garden & sw. pool. 90 sq.m. constr. area. Modern finishes. Fully furnished & equipped. Electric shutters. Pre installation A/c. Underground parking space for 1 car and 1 storage. Excellent letting potential.

www.AlgarveProperty.com

Gov. Lic. AMI 2196

Price: € 265.000,00

Price: € 225.000,00

Price: € 235.000,00

Price: € 199.500,00



Av. Tivoli - Aldeia do Mar
 8125 Vilamoura
Office Phone
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Mobile
 (+351) 919 447 735
Email
 info@urbinvest.net

www.urbinvest.net



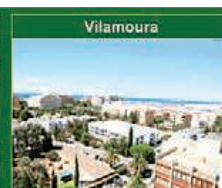
Vilamoura
 Very nice studio apartment full equipped. Very well located in high quality condominium with swimming pool, garden and play ground. Very good finishings. Good investment.

Ref.: 2434 Promotion € 94.500



Vilamoura
 3 Bed detached Villa with swimming pool, garden & bbq. Very good location, next to the wonderful Old Village Resort. Good rental income.

Ref.: 2960 € 350.000



Vilamoura
 1 Bed apartment with stunning views, and only 2 minutes walking to the Marina and the beach. Refurbished and furnished. Good deal.

Ref.: 2907 € 89.000

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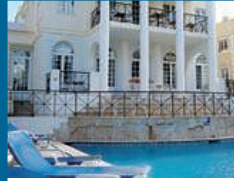
Rua do Brasil,
Casa Italiana, Loja 5,
8125-479 Vilamoura



Almancil

2 Bedroom furnished Townhouse on small complex of only 12 villas with large swimming pool and use of tennis courts.

319,000 Euros



Vilamoura 'Old Village'

2 Bedroom furnished apartment with use of 3 swimming pools with various restaurants, bars and supermarket within a minutes walk.

240,000 Euros



Vilamoura

3 Bedroom/3 Bathroom detached villa near Hilton Hotel with private south-facing swimming pool & garden.

425,000 Euros



Vilamoura

2 Bedroom/2 Bathroom Luxury Hilton Apartment within the As Cascatas Resort with swimming pools, restaurants, gym, tennis courts.

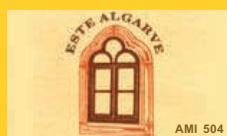
450,000 Euros



Vilamoura

Luxurious 5 Bedroom+ detached villa overlooking golf course on large plot of 4,109m2 with games room, gym, sauna & lake.

3,500,000 Euros



AMI 504

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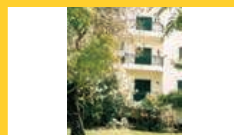
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2 Ruins - Tavira Hills

2 separate, confining properties, each with a ruin to be sold together. One property with 582 m2 of land and an outline permission to build 150 m2. The second property with 114,50 m2 of land and outline permission to build 60 m2. Situated approx. 15 min. north of Tavira with lovely east, south and west view.

EA 032 RTH - € 78.000



Apartment Conceição

Very attractive and comfortable 2 bedroom, 2 bathroom apartment, with central heating, air con, mains gas, situated on the ground floor within a spacious urbanization opposite to Benamor golf-course, 5 min. from Cabanas and beach. To be sold furnished and equipped.

EA 063 ACON - € 119.000



Villa Neighbourhood Castro Marim

3 bedroom villa (320 m2) with air con. and garage on a plot of 655 m2 with lovely garden area and automatic. irrigation, situated within an attractive urbanization, 3 kms from Castro Marim, golf course and Praia Verde beach, 6 km from Vila Real.

EA 001 VCM - € 290.000



Villa Neighbourhood Altura

Beautiful, high quality 4 bedroom villa, with 5 x 10 m swimming pool, double garage in basement with additional rooms and storage areas, surrounded by 830 m2 of attractive garden with autom. irrigation, situated within a prestigious urbanization, 2 km from Altura beach and 5 km to various golf courses.

EA 002 VALT - € 780.000



Cabanas - Ria Formosa

3 bedroom townhouse with exceptional location in front of Ria Formosa Lagoon with beautiful views from south facing terrace, with walking distance to Cabanas centre, 1 km to golf course & 3 km to Tavira. Optional use of several swimming pools and boat to the beach = 100.- Eur. per adult/year. To be sold furnished and equipped.

EA 003 - TCAB - € 375.000



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AMI 6392



São Brás de Alportel

- Spacious duplex apartment
- Renovated in 2005
- Excellent quality interior
- 4 bedrooms 2 bathrooms
- Air conditioning & heating
- Apartment 184m²

Ref. A1211

Price Reduced: € 195.000



São Brás de Alportel

- Beautiful villa & cottage
- Ideal for holiday rentals
- Total 4 beds, 3 baths
- Large pool, bar, garage
- Covered terrace+jacuzzi
- Irrigated garden, pond

Ref. V1308

Price: € 480.000



Almancil

- Restored villa
- Country & sea views
- 2 bedrooms 2 bathrooms
- Living/din/kit + balcony
- Mature garden
- Villa 110m² plot 687m²

Ref. V1313

Price: € 280.000



Paderne, Albufeira

- Attractive new villa
- Lovely country views
- 10 mins Guia shopping
- 3 bedrooms 2 bathrooms
- Pool, garage, u/floor heat
- Villa 235m² plot 12.500m²

Ref. V1315

Price Reduced: € 425.000



São Brás de Alportel

- Beautiful spacious villa
- Country & sea views
- 3 bedrooms 2 bathrooms
- U/floor heating, terraces
- Heated pool, dbl garage
- Villa 188m² plot 1.742m²

Ref. V1316

Price: € 550.000



AMI 7433

Do you want to buy or sell a property?

Contact me: Paulo Caqueiro
Telm.: (+351) 962 191 421

pcaqueiro@remax.pt
I speak: Portuguese, English and Norwegian

Remax Smart - Boliqueime



Albufeira - Quinta da Balaia

Excellent 3 bedroom Villa situated in Quinta da Balaia - Albufeira. This Villa has a wide garden with a big swimming pool, BBQ & parking place for 2 cars, equipped with Air Conditioning & has a big sunny terrace overlooking the gardens & sea. Very good location, excellent price.

Ref. 122261002-402
Price: € 445.000



Vale Parra

Excellent town house with very good areas. Situated in Condominium da Parra, only 1,32 Miles from Galé beach. On the ground floor we have the entrance hall, kitchen, living room and storage room. On the 1st floor, 3 bedrooms 1 en suite, 1 bath & 2 balconies. A sunny backyard w/BBQ & common garden w/large sw. pool.

R.122261002-416 **Price: € 245.000**



Olhos d'Água

Excellent 2 bedroom apartment with fireplace. This apartment is situated in a very quiet area, Quinta do Paiva. Private condominium with a very big swimming pool and beautiful views over the country side

Ref. 122261002-475
Price: € 149.000

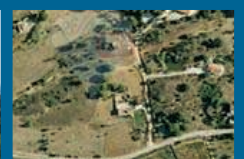


Balaia / Albufeira

Private condominium with sea view, high quality construction. Living room 44 sqm, fully equipped kitchen, 3 and 4 Bedrooms. Terrace w/ barbecue, swimming pool. Private garage.

Prices from: € 275.000
ID 122261079-4

More information tel 926488487
Email acpereira@remax.pt



Paderne / Albufeira

Old house 4Km from Paderne & 9Km from Albufeira Town. Very quiet place, with some houses in the neighborhood. Nice views, this ruin has 80sqm of area, but with permission to build a house with 300sqm. It is sold with land of 8.000sqm.

Price € 169.000 ID 122261079-1
More information tel 926488487
Email acpereira@remax.pt



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Vilamoura

Three bedroom duplex apartment transformed into a 2 bedroom apartment, composed of 2 bathrooms (1 en suite), lounge, equipped kitchen and terrace. Communal swimming pool and garden. Furnished. Construction area of approx. 114,90 sq. meters.

Ref. A1100

Price: € 170.000



Vilamoura

Duplex apartment composed of 2 bedrooms, 2 bathrooms, lounge with dining area, equipped kitchen, storage, laundry room and terraces. Storage and parking space in the basement. Communal swimming pool and garden area. Construction area of approx. 114 sq.m.

Ref. A1277

Price: € 199.500



Vilamoura

Attached villa composed of 2 bedrooms, 2 bathrooms, lounge with fireplace, equipped kitchen and storage. Terraces, barbecue and roof terrace. Communal swimming pool and garden area. Plot area approx. 147 sq.m. Construction area approx. 74 sq.m.

Ref. V12648

Price: € 300.000



Ferrarias

Semi-detached villa composed of 3 bedrooms, 3 bathrooms, equipped kitchen, storage room, lounge and terraces. Air conditioning, alarm system and cable tv. Communal swimming pool and garden. Construction area approx. 150 sq.m.

Ref. V12543

Price: € 480.000

Móveis Malheiro with attractive offers



In order to thank their reliable customers and friends for continually recommending Móveis Malheiro to others, Paulos Pires, owner and manager, is this month offering fantastic discounts on the shop's vast range of products. Seeing that the company has this month completed 21 years of business, all the items currently in stock at the large shop are being sold with a 21% discount.

With thousands of items ranging from beds, tables, chairs, mirrors, carpets, paintings, lighting, curtains, sofas, accessories and much more, Móveis Malheiro is filled to the brim with quality

products in its four massive rooms, which cover an area of over 1,250 square metres. There is also a separate garden furnishings section for customers wanting to decorate their outdoor living area.

Choosing the ideal item will not be easy due to the impressive variety of styles and shapes, but rest assured, the showroom will definitely have what you are looking for.



Móveis Malheiro has two vans and four more staff to deliver and assemble items, a service that is provided completely free of charge, with clients only paying for the product itself.

Most of their furniture is made in Portugal and Paulo Pires always sources items with high end quality in order to satisfy customers to the fullest. With prices already being very com-

petitive, the current 21% discount scheme for the month of April is extremely attractive, as well as their special furniture packages, such as the villas and apartments package.

Paulo Pires invites everyone to visit the store, which is located at Urbanização do Malheiro, between the Barlavento Hospital and Monchique/A22 access. Follow

signs posted on the Malheiro roundabout, they are open six days a week, weekdays from 09h00 till 19h00 with a lunch break between 13h00 and 15h00 and on Saturday mornings.

For more information on Móveis Malheiro, please visit their website www.moveismalheiro.com, call 282 491 583 or email moveis.malheiro@mail.telepac.pt.

0%
Interest Free
Credit
over
6 months



PROMOTIONAL OFFER 21% off all available stock during the month of April

Outstanding opportunity to buy a dream rural property...



...near village of Alte (Loulé).

Professionally renovated to a high standard the detached villa sits on plot of 310m² and has 3 double bedrooms with fitted wardrobes. Two fully equipped bathrooms and excellently finished modern kitchen. Under floor heating throughout and log burner in main sitting room. **Price reduced** to €160,000 or long term rental

• Bonus

1 minute drive away is a dream 1 hectare plot. The land can accommodate several wooden country cottages, plus caravans & tents. A large fishing lake on the plot offers revenue for fishing enthusiasts. Also bird wildlife is well established in this area and many companies' offers routes to monitor the wildlife. The land is arable to create a self sufficient life style. **Price reduced** on this plot and is now offered at - €50,000.



Contact: 919 383 852 or 917 227 087 should interest be sought on both properties a negotiation is available.

RE/MAX
Dunas Alvor



Miguel Tosen Garcia
tel +351 967 765 832
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Working bar completely equipped, with 73 sqm. Near Praia da Rocha main street with 50 sits (30 inn and 20 in the terrace). €210.000

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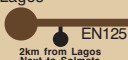


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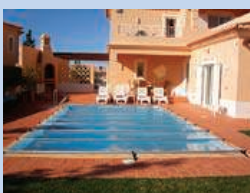
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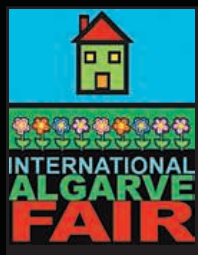
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People with urban gardens can make a real contribution to helping the environment, but many of them don't realise it.

Many gardeners say that urban pollution in their immediate environment - including noise problems, traffic fumes and carbon footprint - are among the most important issues they face as city dwellers, others saying they don't know where to start when tackling the problem.

With this in mind, garden designer Charlie Dimmock has joined a campaign to encourage 'urbanites' to introduce eco measures into their gardens to help reduce the 'carbon footprint'.

It seems city dwellers are craving environmentally sound lives, but don't have the knowledge to change things for the better.

Ms. Dimmock says: "People with small urban gardens think they can't make a difference to the wildlife, but they can because they can create corridors to larger

areas such as parks, greens and railway cuttings.

"Building a wooden compost area, establishing a recycling space or growing your own herbs in a window box, are all simple steps that can make a real difference."

If you have a spring clean of your garden, leave an area overgrown, to act as a shelter for hedgehogs and beneficial insects, says Dimmock.

"A lot of people hate ivy, but many urban gardens benefit from having fences covered with ivy, which is a really good wildlife plant because it flowers late in the season, has a high nectar content and helps to keep down noise pollution. It also makes a good nesting site for birds."

Charlie also advises urban gardeners to plant mixed hedges to

keep out noise and pollution and attract wildlife. Ideal varieties include hawthorn, yew and field maple, which will absorb some of the noise.

Another great shrub in the urban garden is ceanothus, whose purple flowers are high in nectar and rich in colour and it can be clipped back easily.

Hardy annuals also provide a good burst of colour and when they have finished can then be thrown on to the compost heap. Direct-sow love-in-a-mist, poppies and poached egg plants (*Limnanthes douglasii*) for a beautiful display.

If you have a small area, use the vertical space by growing climbing veg such as runner beans up a fence, spineless blackberries, which can grow to a reasonable height and provide shelter and food for birds and insects.

If you live in an area where traffic fumes and dust are a problem, plant a variety of evergreens to absorb the dirt. They may look a



Wild poppies

little dusty on the road side but they will withstand a lot of grime and act as a filter and a windbreak. Aucuba, eleagnus and butcher's broom are extremely robust and make solid hedges, and variegated holly can also be used.

"Only evergreens with shiny, thick leaves will put up with a lot, because the leaves are protected with a thick cuticle."

Scented plants can also offset the smell of traffic fumes. Try growing night-scented stocks or

old fashioned nicotiana in a pot for evening scent. Trachelospermum jasminoides, commonly known as star jasmine, a woody, evergreen climber with rich, dark green leaves which turn bronze in winter, produces hugely fragrant white flowers from mid to late summer.

"Urban gardens can be wonderful wildlife hubs if you do the right planting to ensure they have food and shelter," says Charlie.

Hannah Stephenson



From terrace to table



Pots of potatoes

If you don't have masses of room to plant rows of potatoes, you can plant some early variety seed potatoes in a few pots now to enjoy these staple vegetables. Get the largest pot you can (or even a bucket with plenty of drainage holes will do), at least 25cm in diameter, and half fill it with very rich potting compost and plant a chitted seed potato in it. Add another few inches of compost and water well, but don't let the compost go soggy. As the shoots appear, cover them by adding more compost to the container until it's full, and keep the pot in a frost-free greenhouse. Once the shoots appear, water more regularly, and when the shoots are around 12cm tall, start liquid feeding them every couple of weeks. The potatoes should be ready for harvesting in June or July.



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An Algarve Dream



I visit dozens of beautiful properties each month here in the Algarve and many of them are just gorgeous, but all too often very similar in style and amenities. Our property this week however is something special.

This 2006 built home is ideally located east of Loulé, north of Alcantaral and only a 10 minute drive to both Faro Airport and the beaches. It has the benefit of a quiet, peaceful country location but is still close to a host of major shops, cinemas and restaurants. The Golf Courses of Quinta do Lago, Villa Sol and Vale dos Lobo are only a short drive away and if you feel like venturing further afield, half an hour by car opens up over 20 Golf Courses and at least 4 Water Parks.

Location is often what underpins the value of any property so Casa São Clemente is the answer to most holiday dreams – once you arrive why bother leaving?

This house has it all. A list of features that reads like something from a celebrity's wish list.....

A fully enclosed 1½ acre landscaped garden surrounds this huge 900+sqm home, which is approached through high electric gates with security camera monitoring. Within the automatically irrigated garden is a flood lit Tennis Court, a 7 person Hot Tub, a Cabana, the obligatory heated pool and an abundance of shaded seating areas. The views are all due South to the Ocean down three separate valleys.

Now step into the home.

There you will find six double bedrooms, all en suite, a formal sitting room and dining room as well as a wonderfully light and bright Gourmet Kitchen with all the bells and whistles. This kitchen also, has a built in dumb waiter that serves the Wine Cellar and large downstairs formal Dining Room. On the same level as this "eat in" kitchen, with immediate access, is the outdoor covered Dining Terrace with outdoor Kitchen/Bar and Lounging Area. This large and spacious outdoor living area overlooks the Terrace, the Pool and the Garden.

The top floor of the home has the most magnificent space, 150sqm, used by the present owners as an Office/Meeting/Conference Room, the high cathedral ceiling with skylights giving a feeling of space and airiness. This floor also features a large bathroom with separate shower and Jacuzzi bath, and the whole floor could easily and inexpensively be changed to a truly magnificent Master Bedroom.

The lovely lower ground floor is the Play Area! 300sqm dedicated to Home Cinema, Snooker Room, Wine Cellar, Large Dining Room for 14/16 people, a bar and integrated Mini Kitchen. There is also a Laundry and a further bedroom suite. This area has separate access to a private courtyard and the pool.

There is a further self contained double apartment with access to the Pool Terrace.

The whole house benefits from a high standard of construction with double glazing, underfloor heating, air conditioning, hot air heating and gas log fires in all principle rooms, plus solar panels and an Alarm System.

This beautiful home is offered by the Owners for sale at only £1,450,00 (fixed exchange rate £/€ 1.2068 – the Owners assume exchange rate risk) or €1,750,000.

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A fully enclosed 1½ acre landscaped garden surrounds this huge 900+sqm home which is approached through high electric gates with security camera monitoring.



The outdoor covered Dining Terrace with outdoor Kitchen/Bar and Lounging Area



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The pool guy no longer needs to work with so much chlorine, he only needs to maintain the UV-C unit and check the pH value to keep the water in top condition. The product development continues. Consumers who have plans to build a swimming pool, can find a complete assembled in- and outdoor cabin, including filter, prefilter, pump, UV-C poolmanager at Limpaluz. Of course Limpaluz also offers several bathing water disinfection products using the latest UV-C technology for existing pools. The units are generally easy to install and

will significantly reduce chlorine use.

The correct pH value is important for good bathing. With the Portuguese weather this is certainly an accurate job, for which Limpaluz can provide the solution. Soon the company will bring a unique product called Inproxide that disinfects water with variable pH values. Whoever buys products from Limpaluz, gets, besides the quality products, a perfect service. A personal approach is key. Those interested can always get in contact by telephone. An appointment is easily made, since the office is open for public one week every month. When visiting the office, people interested can see the products firsthand and receive immediate advice. Additionally you will find plenty information on www.limpaluz.com.

All products are developed and made in The Netherlands. Since water technology and the Netherlands are inextricably linked, this means you can put your trust in Limpaluz.

Hendricus and Simone Eijkskoot at your service!

Style Furnishings

Do you need a Good Night's Sleep? Style Furnishings are now in their 10th year. They have been providing comfortable English Beds to homes in the Algarve for the past 10 years.

With their new range of comfortable English beds for 2010, complimented by a range of attractive Bedroom furniture and not forgetting an extensive range of Hand-crafted Wall Designs to dress your walls with Style.

Essential as this is for any business, Elaine at Style Furnishings wholeheartedly acknowledges that her clients through the years are the reason that the business is here today.

With their support and confidence in the products, service and personal rapport, being the reasons why they choose to use and recommend Style Furnishings to others.

Elaine would like to say a personal thank-you to all of her clients, past and



From humble beginnings, Style Furnishings first opened their doors back in August 2000.

In the years that have followed, the business has been actively promoted in several forms of media and live exhibitions.

present.

Style Furnishings is located at Porches Retail Park, on the EN125 between Porches and Aqualand Water Park. Open: Monday to Friday 10.30am - 5.00pm and Saturday 10.30am - 2.00pm

Salágua, your pool in good hands



A swimming pool is a considerable investment, so it makes sense that you should try to get as much pleasure from it as possible. Usage time can be extended for weeks before and after the summer by simply installing a quality cover, but the best tip is to pay a visit to pool experts Salágua Pool Centre in Almancil and find out what other steps can be taken to make even more of your pool.

Family-run company Salágua, Lda. was established in 1995 and was the first company in the region to introduce salt-water electrolysis treatment as an alternative to chlorine. The company itself was built on a chance meeting in the Algarve with a homeopath looking for salt-electrolysis technology and Wolfgang Triebold, who before moving to Portugal had lived in South Africa for 20 years and was just about to visit Cape Town on holiday. He offered to bring the equipment back with him, that being the renowned Eco-matic salt-water pool treatment system. Word-of-mouth spread and more requests for Eco-matic flooded in; somewhat unexpectedly, they became the exclusive distributor for Eco-matic in Portugal.

Over the years their product range grew and it now incorporates top-quality, internationally-renowned brands like Speck pumps, Air Motion heat pumps, Behnke pool products,

Grando slatted pool covers and Campana telescopic pool roofing, to mention only a few of Salágua's exclusive products.

This is one of the company's core missions, to provide quality products straight from the manufacturers and backed-up by reliable after-sales service. Salágua's staff are professionally trained by the manufacturers, and most of their products are supplied directly from the companies.

At this time of year, with summer just around the corner, they recommend that pool owners should start looking at alternative means of sanitation and, if possible, replace dangerous chlorine with an alternative water-treatment system, subsequently eliminating the negative effects of chemicals.

As a multi-lingual company, Salágua, run by Wolfgang, his wife Ingrid and daughter Liane, is happy to provide any information or advice relating to pools, as well as work with owners on how to create the best pool possible. Future pool owners are welcomed to bring their pool designs to the company to see in what way, if any, they can be improved, and all pool related products "except stone and cement" can be supplied.

Salágua Pool Centre have a fully-functional pool demo-area, where products can be seen, heard, tried and tested before clients' eyes.

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Clients hold their own key for daily access, with trolleys, pallet trucks and fork lift service available free of charge.

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Other extras include the sale of packing material and transport company contacts. Also, over the last two years the company has been operating a second warehouse located nearby which is designed to house cars, caravans, motor-homes and large, bulky items.

For more information and directions consult www.u-store-portugal.com or contact head office on mobile 917 010 365, tel/fax 282 798 490 or email info@u-store-portugal.com.

U-STORE is located in Urb. Marateca Lote 26, Chinicato, Lagos, behind Solmate which is beside the EN 125.

THIS WEEK'S PROFILES



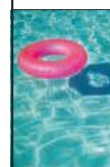
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Salágua

Visit Salagua, on the EN125, Sítio do Troto, Almancil. Direction Faro, 1km from the São Lourenço Church on the right hand side. Opening times 08h30 to 12h30 and 14h00 to 18h00. For more information, contact Salágua, Lda. on: (+351) 289 992 281, fax: 289 992 922, or email: salagua@salagua.com. Alternatively, see website: www.salagua.com.



Limpaluz

For more information on Limpaluz, please visit their offices at Parque Empresarial do Algarve Bloco 1, no.: 10, EN 125 Lagoa, call 913878057, email info@limpaluz.com or visit their website www.limpaluz.com.

If you would like us to profile YOUR business, call our Sales Manager on tel: 707 500 677

Encouraging kids to grow

Sales of lazy foods such as chopped carrots and diced onions are on the rise. Amanda Grant, author of *Grow It, Cook It* explains how we can reverse the trend and get back in touch with our food roots by cooking with kids.

Tips for kids

Amanda says that if parents use their imaginations, there are plenty of ways for children to get involved in the kitchen.

"I'm constantly cooking with my three children [Finley, 6, Lola, 9 and Ella, 10] and the recipes in my book are ones I've cooked with them and their friends," she says.

"They'll tell me if they think my instructions are too complicated."

Amanda explains that their youngest child, Finley, started in her kitchen by peeling garlic and mixing things every now and then.

Depending on a child's development, she explains, even a two-year-old can quite happily sit at the table and count things, like vegetables.

"After that you can start

get them involved with equipment. Things like pushing the button on the blender can be done under supervision and all the time you'll be talking to them about what you're making."

She adds that as preparing the evening meal can often be stressful for parents when are kids around, giving the kids jobs can be a great way to turn the process into a fun experience.

"Obviously it's unrealistic to think that kids can be fully involved every evening, but it's worth thinking about."

"Bear in mind that everything from laying the table to making the shopping list can be a great learning curve for them."

Here are some lovely recipes which Amanda likes to make with her kids.

Couscous salad

(serves 4)

1tbsp sunflower oil
200g couscous
A pinch each of ground cumin, coriander and turmeric
350ml boiling vegetable stock
A 400-g tin of chickpeas, drained
A small tin of sweetcorn, drained
2 carrots peeled and grated
A handful of baby spinach
2 spring onions, sliced
2 tomatoes, chopped
Juice of 1/2 a lemon
1tbsp olive oil

Ask an adult to help you put the sunflower oil in a large saucepan over medium heat, then add the couscous and spices and heat until the couscous has turned a deep golden colour.

Remove the pan from the heat. Ask an adult to help you pour the boiling vegetable stock

over the couscous, then cover with the pan lid and leave for 10 minutes.

After 10 minutes, the couscous should have absorbed all of the stock. Stir it around with a fork to make the couscous grains nice and fluffy.

Mix in all the other ingredients and serve!

Courgette stir-fry

(Serves 4)

2 courgettes
2tsp sesame oil
2tsp vegetable oil
1 onion, peeled, halved and sliced
A small piece of root ginger, grated
1 clove of garlic, peeled and crushed with a garlic crusher
2 large handfuls of green beans
A little reduced-salt soy sauce

A large of handful fresh herbs e.g. parsley or mint, if you like freshly cooked, hot egg noodles or rice, to serve

Cut the courgettes into matchsticks. You want long, thin sticks - not circles - of courgette to match the shape of the green beans so that everything cooks at the same speed.

Ask an adult to help you heat the sesame and vegetable oils in a heavy-based frying pan or wok, then add the onion and fry for a few minutes until it looks soft and pale gold.

Add the ginger, garlic, courgette and green beans to the pan and fry for another few minutes. Keep mixing everything so that it cooks evenly.

Add the soy sauce and continue to stir fry, tossing eve-

rything together.

If you'd like to add some herbs, using scissors, snip the herbs into small pieces and scatter over the top.

Add the cooked noodles or rice to the pan and stir through until nicely mixed.

The great thing about stir-fries is that you can use almost any vegetable you like, as long as you cut them the same size. Try some home-grown carrots, red onions or spring onions. You can also add beansprouts for extra crunch. Experiment with different seasonings like Chinese five-spice or if you like a bit of heat, add a little fresh or dried chilli.



Carrot soup

(Serves 4)

1kg carrots
1 onion
1 clove of garlic, skin left on
Olive oil, for drizzling
A 400ml tin of coconut milk
400ml vegetable stock
Fresh herbs, e.g. parsley, coriander, snipped with scissors

Turn the oven on to 180C/ Gas 4.

Peel the carrots and top and tail them and cut the carrots into big chunks.

Cut the onion into wedges.

Put the onion and carrots into a heavy-based roasting tin, add the garlic and drizzle with a little oil. Using oven gloves, put the tin in the oven and roast for 30 minutes.

Ask an adult to help you take the tin out of the oven and using a palette knife, carefully turn the vegetables over so that they cook evenly all over.

Using oven gloves, take the tin out of the oven and carefully spoon the vegetables into a food processor. Squeeze the

roasted garlic clove out of its skin and into the processor.

Always ask an adult to help you with a food processor and remember that the blade in the middle is as sharp as a knife - never touch it!

Add half the coconut milk, put the lid on and ask an adult to blend the soup until smooth.

Ask an adult to help you pour the pureed soup into a saucepan. Add the rest of the coconut milk and the stock. Add the herbs and heat gently over medium heat. Taste the soup - you might like to add more stock if you want the soup to be thinner in texture.

Pea, bean & new potato salad

(Serves 4)

450g new potatoes
4 eggs
4 handfuls of fresh, shelled peas
200g French beans, trimmed
A few handfuls of lettuce leaves
2tbsp olive oil
2tsp red wine or cider vinegar

Boil the new potatoes. To hard-boil the eggs, half-fill a saucepan with water and ask an adult to help you turn on the hob. Bring the water to the boil. Using a spoon, gently lower each egg into the boiling water and set the timer for 7 minutes.

Ask an adult to help you drain the eggs in a colander in the sink,

then pour cold water over them to cool them down. When the eggs are really cold, peel off their shells and cut the eggs into quarters.

Boil the peas and French beans. Put in a big salad bowl with the potatoes, eggs and lettuce.

Mix together the olive oil and vinegar, add to the salad and gently mix together.

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This puppy is in a foster home and he really needs to find a good home soon. He is still only a baby really --6 months old, but already is a big boy. Mummy was a Galgo and Daddy was obviously a big handsome fella. He was encountered in Albufeira (I've heard that story before). But this young chap is sweet and loving -- a good boy who wants to please. He needs a family now -- his own niche in life. Can someone offer that? Anyone willing to give him a chance, please ring Lesley 962 414 584

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We at Paws 4 Pets decided that there are a lot of people out there who do a tireless job of helping to re-home, feed, worm, inoculate and help dogs and cats, not only in the Algarve but also Portugal.

The list is endless of all the things that these UNSUNG heroes will do for the helpless dogs and cats that are abandoned, dumped, hurt and given up on by some.

We decided that as well as raising

money for these people, we wanted to also acknowledge what they actually do. So we came up with the BIG HEART award.

Nominations

To nominate, either email Juliep@paws4pets.net. Or Go online to www.paws4pets.net, go to paws online, register and nominate via the forum pages.

Nominations will be accepted up until midnight on the 30th April 2010.

Voting

Voting will open 1st May 2010
Voting will be open via the Paws 4 Pets web page from 1st May 2010.

All votes will be counted up until 12 midnight on 5th June 2010. The winner will be announced at The

Algarve Dog Show on Sunday 6th June 2010 at 6pm, and a presentation will be made to the winner at that time.

Good Luck everyone!

Best Paws Forward!

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Spring MOTs for our furry friends

I know my dogs are a crazy lot---but they really have been couch potatoes over the wet months. They refused to leave the building other than for the necessary short outside visit. So, this week they have attacked the world outside with new vigor and enjoyment, they are happier dogs it has to be said but it has bought to the fore a few of the checks I have to do.

Ticks - First Tick treatment must be done, whatever you use as guided by your Vet. Ticks are up and around as of now---not helped by the return of our resident shepherd wandering around with his flock of sheep. I use a natural repellent sprayed on mine to help when they go out, (Dynamite Shampoo and Insect Repellent, also Dorwest Peppermint Shampoo). My four are back on the Garlic tablets as another precaution. With the tick treatment comes the daily check up of them all. My UK Vet, before I moved, advised me on exactly how to check them over, he recommended twice a day. When you find a tick remove it fast, I use the Tick Tweezers but everyone has their own method. Many dogs, well 3 of mine, then have a reaction bump at the tick site for the next couple of weeks.

As pointed out several times, do not walk dogs near the pine trees to avoid the caterpillars. Mine all love to run on our land. This brings with its own little trials which involve me in daily checks.

Pads - These have the thickest skin on the body but I check for cuts and abrasions. My Sandy suffered regularly in the summer from 'footrot'. This resulted in raw and weeping pads, very sore and needed a lot of care to solve---and the need for boots it has to be said.

Footcare - Generally The worst feet are the hairy ones and I have 16 of them!! They collect mud, dust and clog up. The result is a knotted clump between the toes which makes walking painful for them. I try and keep the fur under feet trimmed short at all times---yes it tickles them and we have fun but at least it stops the clogging.

Also if kept short it helps the feet to breathe, thus avoid-

ing the problems Sandy had.

Grass seeds - This is the big one and I know about it to my cost. Over my dog owning years I have had to resort to surgery with Moppet my first OES, Lennie my Bearded Collie---twice, Chloe twice, Merlin three times because of grass seeds. We actually avoided all surgery last year. I was reading an article in a magazine recently about grass seeds---it made it look pretty simple! What it said was actually quite true---the seeds enter via the feet, track up the body. With Lennie and Chloe it entered the tummy and tracked to the back area. Moppet entered the foot and was eventually tracked months later to the high shoulder. Merlin had one that entered the foot and was found at the top of the leg, he then had 3 lodged on his jugular vein which was scary. This article was suggesting we remove them ourselves with tweezers, fine if we see them in time I suppose. Actually seeing grass seeds on furry dogs bodies is not easy to the naked eye and the Vets are the experts, I always take mine straight to the Vets with any strange lumps and bumps. If the dogs are nibbling anywhere, between the toes for instance, off to the Vet. I am always in awe of the Vets who seem to be able to know exactly where the seed entered and where it now has ended up. A very useful piece of information given to me when I first moved was to cut back the long fur around the feet to prevent the grass seeds from attaching---whilst the dog may look a little crazy that advice is spot on---thank you Rachel.

Nails - This is an all year check, if your dog does not pound the footpaths the nails will grow very quickly. They need regular checking and monitoring. If brave enough you can clip yourself with doggy nail clippers. Just remember to cut in front of the 'quick' as this includes the blood supply. This is easy to see on light coloured nails but a big challenge on black ones. Just trim black ones in tiny slivers till you see the pale area at the top end of the nail. Your Vet or Groomer will be quite happy to do this job for you if you cannot manage it. Particularly check the Dewclaws, if your dog has

them they will be high up on front leg and sometimes on the back leg. These grow amazingly fast and can actually double over and reenter the dog's skin causing considerable pain and discomfort---Vet visit needed then. The dew claw can also get caught in undergrowth, this can rip it half out---again it has happened with my dogs. We have ended up at the Vets with Lennie a few times with this, it took ages and boots to solve it but Lennie did not heal well as he was auto immune.

Ears - Again an all year around check. Check them for grass seeds religiously. My Cleo has awful problems with her ears so hers are checked daily, the others are checked every few days. Check for blocked ear canals, fur growing, strange smells---Cleo goes straight to the Vets. My other dogs so far have avoided too many ear problems. Ear hematomas used to be Sandy's trick and she had several over the



years---again straight to the Vet if the ear swells and the dog is shaking violently. There are various methods to deal with them, changing all the time and between Vets.

General overview and we all do it---we know our own dogs, we can tell by looking at them if the movement is correct on running, sitting, standing. We can tell if they are in pain or discomfort. Any problems at all however vague please just see the Vet as he can put our minds at rest.

Jan Cobley
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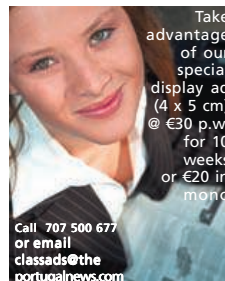
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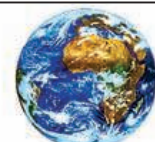
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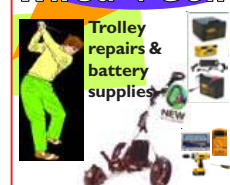
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The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address (even if you wish to remain anonymous on the page), and should be under 300 words, to The Portugal News, Apartado 13, 8401-901 Lagoa. E-mail address: letters@theportugalnews.com

Many thanks

SIR, My gratitude and thanks to you for the redesigned T.V. Guide in issue 27 March, pages 28 and 29. The clarity of the design is perfect and much appreciated, exactly what I have been wishing/ hoping to see for a long time!

RICHARD BIRD, By e-mail

Priests

SIR, The largest paedophile ring in the world seem to be in the Catholic Church. We had a priest in New Orleans that did not like the children to ride their bikes or motor scooters on the big school play ground and he used to chase them in his car and down a little alley way between two houses. I was almost run over by this priest and when the police were called and the Church notified, it was all swept under the rug and nothing was ever done about it.

Now we find out that the priest, the holy man of the Catholic Church has been raping our children. This is unforgivable. One of the big reasons there is this problem is that priest's can not get married, many have left the church to get married, but if they were allowed to marry, you would not have them raping our children. Lutheran ministers and others are allowed to marry and you can not tell me that they are not good holy men. This is all the fault of the Catholic Church.

I was baptized Catholic, but I am really against the Catholic Church and what it stands for. Anyone that is connected with the Catholic Church and knew about these paedophiles, should be removed from the Church and that includes the Pope if he knew about

it which I feel he did.

JEAN DANIEL, Estoril

Holysmokescreen!

SIR, Gwyn Dyer's piece 'The Lawless Church' (27th March) aptly sums up the rude awakening experienced at present in the Roman Catholic Church. He shows that the public hand-wringing by Joseph Ratzinger, the self-styled Pope Benedict XVI, is – excuse the mixed metaphor – shedding crocodile tears, as a closer look at this man's track record reveals.

Despite the damage-limitation exercise being carried out by the princes of the Church, Ratzinger's present approach to the widespread sexual abuse of children by his clergy does not reflect his former position.

As head of the Congregation for the Doctrine of the Faith, the successor to the infamous Holy Inquisition, he repeatedly refused to investigate allegations, including sworn affidavits, that a leading cleric and close friend of John Paul II had constantly sexually abused young members of the Church organisation, of which he was leader, and is on record as having warned every Catholic bishop of strict penalties for those referring sexual abuse allegations to the civil authorities, thus ensuring a cover up.

As one Vaticanologist documenting Ratzinger's fierce condemnation of homosexuality observed, if clerical sexual abuse had been pursued with a fraction of the vigour as were attacks in that area, the current scandal would have been resolved twenty years ago.

Dyer rightly points out that the Church is more concerned

with claiming that the clerical abusers, not the abused, are the victims. To quote Ratzinger: "It has to do with the reflection of our highly sexualised society. Priests are also affected by the general situation. They may be especially vulnerable, or susceptible, although the percentage of abuse cases is no higher than in other occupations."

He has also dismissed clerical sexual abuse as the fault "of your modern society which is corrupting my priests"! The arrogance of the Catholic Church is such that it applies zero tolerance to its critics, yet offers maximum tolerance and understanding to the child-

abusers within its rank.

MICHAEL BAUGH, By e-mail

Life's one long hassle

SIR, In keeping with the tenor of the correspondence submitted by your regular contributors, but with a leavening of brevity, I wish to complain about everything and everybody.

PETER RICHMOND, Barão de São João

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SIR, This is just a quick letter to say thank you to your excellent staff and all the support you have given our company since we

Man who suffocated daughter gets 16 years

A Matosinhos Court sentenced a man who in May 2009, suffocated his seven-year-old daughter with a dressing gown belt, to 16 years in jail.

On May 28th last year João Pinto killed his young daughter after picking her up from school and helping her do her homework. After committing the crime the killer left the house and made his way to Cabedelo de Gaia, where he reportedly intended to commit suicide. He left his daughter lying on a sofa-bed covered with a sheet.

The child was found dead in the apartment some time later, with a Tony Carreira song entitled 'You took my life', playing in the background.

In the meantime the father had sent text messages to his ex-wife informing her that their daughter had "gone to heaven", and that she would "rest eternally with the angels".

The Courts found the man guilty on all charges with the exception of premeditated murder, as the Judge ruled "There was no

planning of murder. It was an idea that came to him at dinner time".

The Judge added that the Court did not know what the man's motive was for murdering his daughter, and said the jury believed his idea of committing suicide had been ongoing since splitting from the girl's mother, two years earlier.

When issuing the sentence the jury took into account that the man had "hit rock bottom in terms of depression because of a poorly resolved divorce". He was further instructed to pay €70,000 in compensation to the child's mother.

Public Prosecutor António Romão had initially requested a sentence of 25 years in jail, and made it known that he would appeal the Court's decision. Rosa Ferreira, the child's mother, made an emotional appeal for justice to be done and said she expected a sentence of "at least 20 years", adding that "nowadays children can be murdered at will".

She told waiting press she agrees with the Public Prosecutor's decision to appeal.

started, we have been advertising with you for over 3 years now and next to [personal] recommendations your newspaper is by far our best form of enquiry. With help from our advertisements in **The Portugal News** we have had an excellent start to 2010. We look forward to our continued working relationship, many thanks.

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Driving 2

SIR, Long time visitor Ken Smith (Letters 13 Mar) apparently mourns the loss of the dangerous practice of slower moving vehicles straddling the nearside white line that allows him to squeeze by on stretches of road where overtaking is illegal/dangerous. Hefty fines seem to have persuaded most drivers that being 'helpful' is too expensive and

he should not use his visits here to encourage drivers to return to their old ways.

I wonder whether he is one of those impatient people who looks upon the speed limit as the minimum, especially in built up areas and intimidates those complying with the law by driving as close behind them as possible.

You still won't please everyone (including me) but congratulations on a far more useful TV guide and a pullout one at that! I thought that I was the only one who had bothered to comment on the universally ridiculed two page apology for a week's TV programmes – but a hundred written complaints! Power to the people!

I wonder how your readers' will react to the Vatican's shameful conduct over the alleged sexual abuse scandal.

RON LAVERY, by e-mail.

More than one in five Portuguese suffer psychiatric problems

A first study into the state of Portugal's mental health has revealed that one in five citizens suffer from some form of psychiatric problem, a higher incidence than any of the other six EU countries that participated in the project.

This has made Portugal comparable with the USA, the country with the highest prevalence of psychiatric problems in the world, said the Coordinator for national Mental Health, Caldas de Almeida. Findings in the study showed that young women, youths and lonely people are more affected by mental issues.

"Portugal has a pattern that is atypical in European terms", Caldas de Almeida said, referring to the findings of the study that were made public this week at Universidade Nova's Faculty of Medical Science, Lisbon.

Of the 3,849 people involved in the study, 22.9 showed symptoms that placed them within the category of having a mental issue. This result is close to the USA's

26.3 percent.

In Spain 9.2 percent of the population suffer a mental problem, as do 8.2 percent in Italy. And Portugal's incidence is still far from that of other countries with high rates, such as France (18.4 percent) and Holland (14.8 percent).

At the top of the psychiatric problems list is anxiety (16.5 percent), depression issues (7.9 percent), problems in managing compulsive behaviour (3.5 percent), and alcohol-related problems (1.6 percent).

These issues were found to mostly affect women aged between 18 and 24, as well as people who are lonely (separated, widowed or divorced), and people with low or medium levels of literacy.

More worryingly, it was concluded that the vast majority of people with a mental illness do not have access to medical care, with 33.6 percent of sufferers receiving no treatment.

Portuguese for Beginners

Emília Rosendo

165

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Use one word twice or three times.

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- A fábrica fechou, _____ muitas pessoas ficaram desempregadas e em dificuldades.
- Nós não fomos à praia _____ o tempo estava extremamente desagradável.
- Ela diz que tem muito medo das alturas, _____ foi comprar um apartamento no 15º andar!
- Eu não sei ao certo se eles vão ao cinema _____ ao teatro amanhã à noite.
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- A cliente entrou na loja _____ dirigiu-se ao balcão das informações.

- Ela chegou a casa _____ foi descansar um pouco para o seu quarto.
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- Tu acordas sempre mal disposto _____ dormes pouco.
- A minha amiga Paula tem um carro novo, _____ não tem carta de condução.
- O bilhete de identidade deste passageiro está caducado, _____ ele não pode viajar.
- Muitas crianças choram _____ perdem jogos.
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Benfica double lead



Leaders Benfica defeated second-placed Braga last weekend and boosted their lead at the top of the Liga Sagres from three to six points. FC Porto's third position is now stronger, having brushed aside Belenenses, and after Sporting lost their match against Marítimo.

Sporting travelled to Madeira for their 24th match of the season, against Marítimo, on Friday. The 'Lions' were the first to suffer a goal after seventeen minutes of play, as Tchô made no mistakes when facing Rui Patrício one on one. The goal gave Marítimo further motivation and Sporting were under a lot of pressure. However, the second goal was the equaliser for Sporting, as João Pereira managed to score after Yannick's cross. Marítimo were by far the stronger side in the second half, and their efforts paid off as they scored two goals in the final ten minutes of the match, one being an own goal from Sinama-Pongolle, his first goal for Sporting. Pitbull scored Marítimo's third with a potent kick. Sinama-Pongolle provided

Sporting's second, this time on the right side of the pitch. The match ended with the home team winning 3-2.

Benfica increased their lead over Braga in the match of the weekend at the Estádio da Luz, in what was an important step towards the Liga Sagres title.

With only six matches remaining, Benfica are now six points ahead of Braga. Luisão was the scorer of the only goal of the match, just before the half-time whistle. It resulted from a corner taken by Carlos Martins, which Javi Garcia headed straight into Luisão's leg, with the ball bouncing right in front of him and leaving him alone for an easy shot, which he took with his left foot to get past Eduardo. Although there was only one goal scored, Benfica had many more opportunities, with Braga only threat-



Benfica fans celebrate after the first league soccer match against SP. Braga at Luz Stadium on March 27th. (Photo: Miguel A. Lopes)

ening Quim's goal once in the second half. Benfica are now strong favourites to win the Liga Sagres this season, although they still face tough matches against Sporting and FC Porto, whilst Braga only have lower standing teams to play.

FC Porto's game was marked by the return of Hulk, after his ban, which was given due to him assaulting a marshal after a match,

was reduced. He was the key player for FC Porto as he scored one and gave assists for the other two goals.

Rolando scored FC Porto's first after 40 minutes and Hulk blasted the second past Bruno Vale from outside the box. Falcão scored his eighteenth goal of the season, which came from a fantastic cross provided by Hulk and ended the match at 3-0.

SUPERLEAGUE FIXTURES WEEK 25

MATCH	DATE	TIME	TV
Braga-V. Guimarães	Friday	18h00	SportTV1
Nacional-Leixões	Friday	19h00	
Sporting-Rio Ave	Friday	20h15	SportTV1
Olhanense-V. Setúbal	Saturday	16h00	
P.Ferreira-Belenenses	Saturday	16h00	
Académica-U. Leiria	Saturday	18h00	SportTV1
FC Porto-Marítimo	Saturday	20h15	SportTV1
Naval-Benfica	Monday	21h00	RTP1

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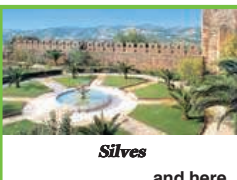
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